PIZZA WITH A PEPPERY TWIST
TOP YOUR PIE WITH ARUGULA, BASIL {page 24}

BIG BUCKS
BIDS BOOMING FOR BIEBER'S HAIR
DISH {page 22}

TORONTO metro®
Monday, February 28, 2011
www.metronews.ca
News worth sharing.

Oscars

▶ Natalie Portman accepts the award for best performance by an actress in a leading role for Black Swan during the 83rd annual Academy Awards last night at the Kodak Theatre in Hollywood, Calif. More coverage, pages 16-17.

KEVIN WINTER/GETTY IMAGES

Portman crowned best actress

protesters
Small signs of dissent amid heavy police presence {pages 8-9}

The worst of the worst
Razzie awards roast The Last Airbender {page 18}

The great school divide

- $240M in private money raised in GTA in 2008-09
- A school that can raise a lot 'ends up becoming a private school in the public system': Education advocate

Two public and two Catholic high schools in the Greater Toronto Area are bringing in $1 million per year or more through student fees, private revenue and fundraising, with dozens more schools each taking in at least half a million dollars.

By contrast, other similar-sized schools report a fraction of that — one just $283,000 — raising questions about equity in the public education system.

There is an equal divide among the region's elementary schools. In the Toronto public board alone, the top 20 money-generating schools, primarily in wealthy neighbourhoods, collected a total of $4.4 million compared to just $103,000 for the bottom 20 schools, most in needy areas.

The figures were obtained by the Toronto Star through Freedom of Information requests and provide a first-ever look at private money flowing into the public system in the region.

The money is not all profit; "school-generated funds" include student activity fees, cafeteria profits, as well as money collected for field trips, book orders and charity fundraisers.

The four high schools in the million-dollar club include Turner Fenton in Brampton ($1.4 million), Mayfield in Caledon ($1.3 million), St. Aloysius Gonzaga in Mississauga ($1 million) and Michael Power/St. Joseph in Toronto ($1.3 million).

What pushed these schools to the top were exam fees as high as $1,200 per student for the prestigious International Baccalaureate program, student activity fees topping $100, and, in the case of Mayfield, a $100-per-student surcharge to cover its arts program.

The school-generated funds are a growing pot that, according to critics, is being used to help fill the gap between what the province provides to school boards and the real cost of educating kids.

"We always used to think fundraising for extras was fine," said Annie Kidder, executive director of the non-profit advocacy group People for Education. "But what's an extra? I think we even used to think fundraising for playgrounds was OK, but then should kids in low-income neighbourhoods (who can't raise the money) have crappy playgrounds?" TORSTAR NEWS SERVICE

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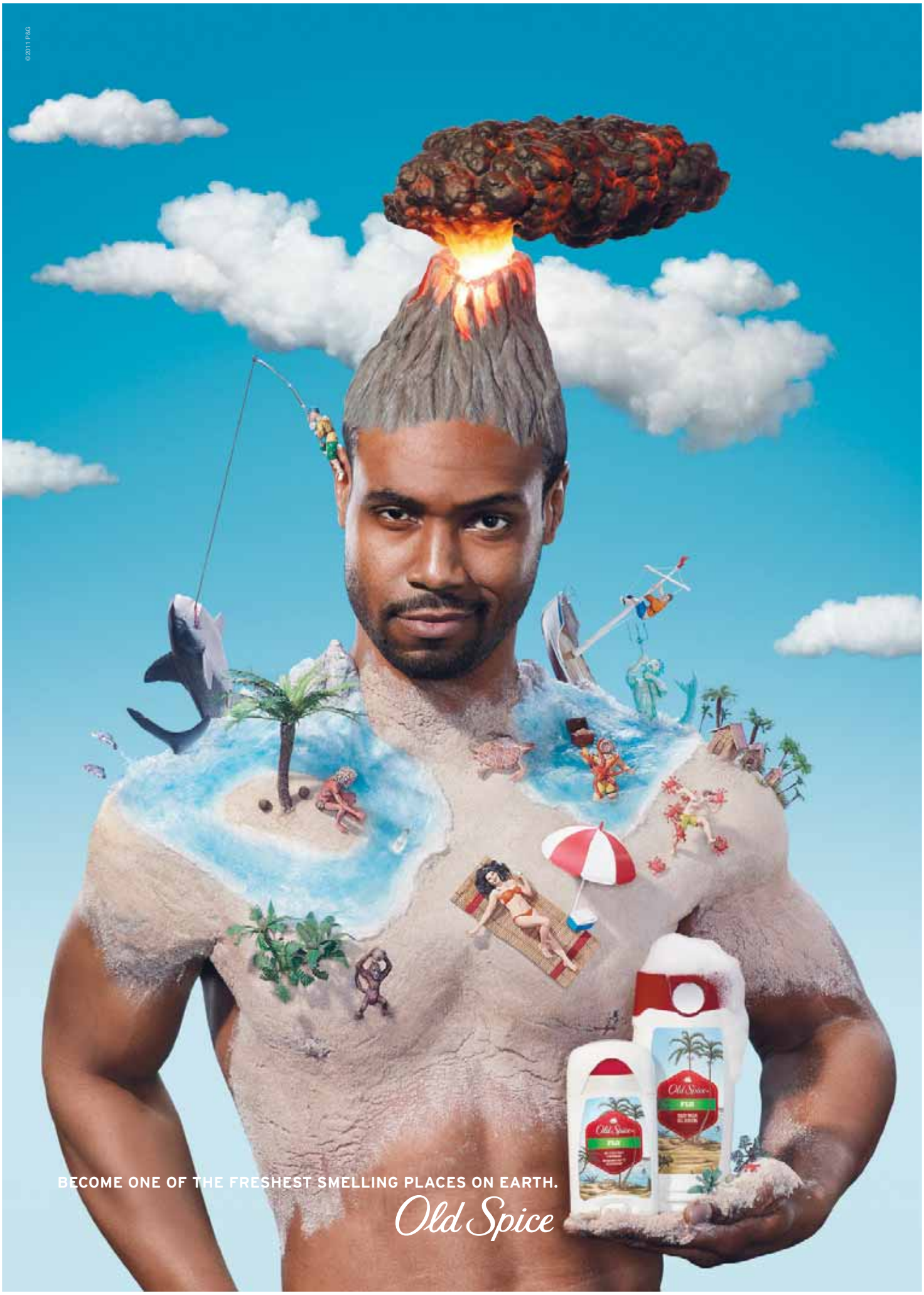
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Ice. Age

▶ Sculptor Wen Xie uses a chainsaw to transform a block of ice into a lion yesterday, the last day of Icefest's 2011 Circus Extravaganza Exhibit at the Village of Yorkville Park. Xie says he began sculpting in stone when he was just 17 in Shanghai, China.

KYLA SERGEJEW/FOR METRO

Festival is ice-ing on the cake for sculptors

Donlands station panic all for naught

TTC announced last July it would expropriate two houses outright and expropriate lands affecting 10 other homes to build a second exit on Dewhurst Boulevard off Danforth Avenue

After threatening homeowners for months with expropriation, the TTC finds it has no money after all to build a second Donlands subway station exit.

"It's shocking to us all," Coun. Mary Fragedakis said after she and other Toronto city councillors voted to defer the project for budgetary reasons.

"It's frustrating to go through this exercise, to put people's lives in turmoil for months on end, to come back and say we're not moving ahead and we don't know when we're moving ahead."

Residents supported the public safety move but after seeking technical help offered alternate exit sites they said would be less disruptive.

"From the outset we believed that the TTC plans were based on a flawed process and disregard for the community," homeowner and neighbourhood leader Lisa Dymond said after hearing the news Friday.

RICHARD LAUTENS/TORSTAR NEWS SERVICE

▶ Mary Fragedakis

"We believe this deferral gives time for sober second thought, which is really what we've been asking all along."

Deferrals also apply to second exits at Wellesley, Woodbine and Greenwood stations. The province has ordered the exits be built by 2025.

TORSTAR NEWS SERVICE

Fighting for health care for rare disease

If Simon Ibell has proven one thing, it's that he doesn't give up.

The 4-foot-8 Torontonian has biked 500 kilometres in 10 days to raise $250,000 for MPS, the rare metabolic disorder he was born with.

In 2008, he convinced the Ontario government to fund Elaprase for the 10 or so patients in the province who were in desperate need of the $400,000-a-year drug. Elaprase is the only treatment that halts the insidious progression of Hunter syndrome, the form of MPS Ibell has that damages organs and can lead to death.

Now, with the support of a cadre of friends, Ibell is taking on the federal government to push for a national rare-disease strategy.

Canada is the only developed country with no health-care policy to support rare diseases.

Today, International Rare Disease Day, Ibell will be in Ottawa to ensure every MP knows about his fight. The plan is for each MP to wear a black scarf that has a simple message emblazoned on it: "Be Fair to Rare."

TORSTAR NEWS SERVICE

Man shot dead in Scarborough

A man in his early 20s is dead after a shooting in Scarborough late Saturday.

Police said they responded to the call shortly before 11 p.m. in the area of Wickson Trail and Blackwater Crescent, following reports of gun shots.

The man was transported to Sunnybrook Hospital where he succumbed to his injuries.

Police said they have two men in custody who are being investigated by homicide detectives.

TORSTAR NEWS SERVICE

Report calls for full G20 inquiry

A full-scale public inquiry is needed in light of the widespread and violent trampling of civil rights by police at last summer's $1-billion G20 summit in Toronto, a new report says.

The call for an inquiry is among recommendations in the report — by the Canadian Civil Liberties Association and National Union of Public and General Employees — which is aimed at holding governments accountable and avoiding a recurrence.

"Given the scope and severity of the violations of rights that occurred during the G20, it is difficult to view this situation as anything other than a failure of policy and training," the report states.

Among the photographs in the report is one of Revenue Canada worker John Pruyn, 58, who had his artificial leg yanked off by police who arrested him as he sat on the grass at the legislature.

The report is the result of three days of public hearings in Toronto and Montreal in November.

THE CANADIAN PRESS

1 news

This Week In Irony: Cookie sales banned outside Girl Guide founder's home. Scan code for story.

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On the web at metronews.ca

Guidy Mamann crunches the numbers on which federal party is more 'pro-immigrant.' More at metronews.ca/immigration

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‘Rain fest’ in store for GTA

Areas around Lake Erie, southwest of GTA may receive extra rainfall with risk of thunderstorms

LOPES
TORONTO@METRONEWS.CA

A strange weather system will have Torontonians swapping parkas for umbrellas as Environment Canada is predicting rain and above-freezing temperatures during the next few days.

“Basically it’s going to be a rain fest,” said Jean Theriault, a meteorologist at Environment Canada.

The bulk of the rain, predicted at 15 millimetres, should be over by noon today, said Theriault, but rain is being forecast again for Wednesday with a predicted high of 5 C. Theriault said pedestrians should look out for slushy and slippery sidewalks, while commuters should expect water accumulation on the roads.

MATTHEW LOPES/FOR METRO

▶ Hydroplaning could be an issue over the next few days, warns Environment Canada.

“Keep hydroplaning in mind,” said Theriault.

Calling the weather system “complex,” Theriault said Environment Canada will be keeping a close eye on conditions as they develop.

A complex, low-pressure system developing in Colorado will begin moving eastward, hugging the lower Great Lakes and bringing moist, temperate conditions.

Snow and freezing rain could fall in areas north and east of the GTA, including Ottawa.

Fire. Investigation

▶ The Fire Marshal’s Office is investigating a blaze in the city’s west end that claimed the life of a 40-year-old woman Saturday.

MANNY RODRIGUES/FOR METRO

Woman dies in weekend fire

When firefighters arrived to battle the blaze Saturday night, they also found a young girl with no vital signs. The child was taken to hospital for further treatment, while the woman was pronounced dead at the scene. Fire officials say both victims were found on the fifth floor of a low-rise apartment near Weston Road and Lawrence Avenue West. The relationship between the two victims and the cause of the blaze are still unknown. Officials say the damage to the building is estimated at $100,000.

Smoking bylaw defied in front of TTC employee: Rider

Despite the signs, some smokers ignore the bylaw and light up in public areas, as was the case recently at Donlands Station.

One rider said she noticed someone having a smoke on TTC property — right in front an employee who made no attempt to have the cigarette put out.

“I was surprised when he ignored her,” Nancy Rollins said. “The employee was standing and waiting for the bus and he looked up from his paper, turned away and continued to read.” Rollins said it was more the place of the employee to speak up than hers.

One TTC spokesperson said any uniformed employee should be able to resolve the issue and they have fined people in the past.

“We’re not in the business of issuing tickets,” Kevin Carrington said. “These things cause service delays.”

Another spokesperson said not all employees are responsible for ensuring passengers adhere to the bylaws and it’s better to seek out a different official. “A special constable would have to enforce it,” said Jessica Martin.

CONTRIBUTED

▶ Fines for smoking on TTC property range from $500 to $5,000.

MARK HERBERT

Complaint

▶ To report a problem, contact a uniformed TTC official or special constable, or lodge a complaint at 416-393-3030.

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www.ttc.ca
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CARAVAN Kids SIRIUS SATELLITE RADIO

Anti-Gadhafi forces brace for attack

Gadhafi still in control in capital of Tripoli State banks handing out money to shore up public loyalty

With residents shouting "Free, free Libya," anti-government rebels who control Zawiya, the city nearest to the capital, deployed tanks and anti-aircraft weapons yesterday, bracing for an attack by troops loyal to Moammar Gadhafi.

Politicians in the opposition stronghold of Benghazi, meanwhile, set up their first leadership council, which could lead to an alternative to the regime.

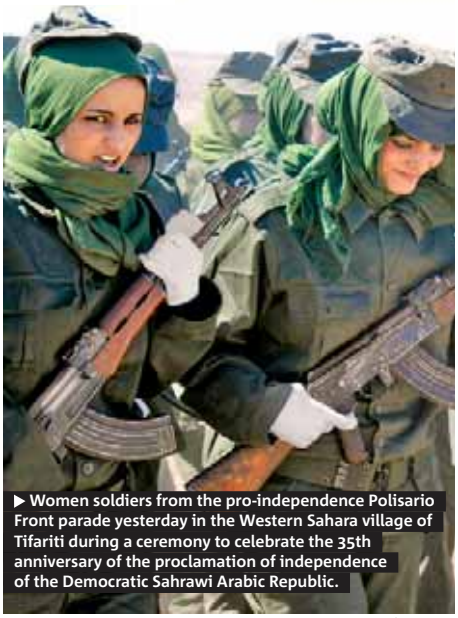
The United States, Britain and the UN Security Council all put sanctions on Libya this weekend, and U.S. President Obama said it is time for Gadhafi to go.

THE ASSOCIATED PRESS

Sanctions

- **Canada joined** other countries in slapping sanctions against Libya following the deadly crackdown on protesters by the regime of Moammar Gadhafi.
- **But Canada** decided to go beyond the sanctions announced Saturday by the United Nations Security Council, Prime Minister Stephen Harper said yesterday. Canada imposed an asset freeze and will prohibit financial transactions with the government of Libya, its institutions and agencies, and the Libyan Central Bank, Harper said.

Military. Parade



▶ Women soldiers from the pro-independence Polisario Front parade yesterday in the Western Sahara village of Tifariti during a ceremony to celebrate the 35th anniversary of the proclamation of independence of the Democratic Sahrawi Arabic Republic.

DOMINIQUE FAGET/GETTY IMAGES

Marking independence

Since the late 1970s, most of Western Sahara — a largely desert area — has been controlled by Morocco. Polisario fighters seeking independence clashed with Moroccan troops before the UN negotiated a truce in 1991.

Cult leader found dead in prison cell

THE CANADIAN PRESS FILE

▶ Roch Theriault in 1981

Former cult leader Roch (Moses) Theriault was found dead in his cell at the correctional centre in Dorchester, N.B.

RCMP say Theriault, 63, was involved in an altercation early Saturday morning and died as a result of his injuries. Police are calling his death a homicide and have launched a murder investigation.

Theriault founded and led a notorious sect in the 1980s. He was sentenced to life in prison in 1993 for the gruesome murder of his wife Solange Boilard, disembowelling her with a kitchen knife as part of a cult ritual.

THE CANADIAN PRESS

Polygamous leader calls for probe

One of two leaders within the polygamous commune of Bountiful, B.C., says allegations that eight underage girls from the community, including two 12-year-olds, were married off to American men are disturbing and should be investigated.

Leader reacts

- **Winston Blackmore** categorically rejects the suggestion that polygamy is inherently harmful to women and children.

Winston Blackmore leads one of two divided factions within Bountiful, and the marriages in question appear to focus on the other side of the community. THE CANADIAN PRESS

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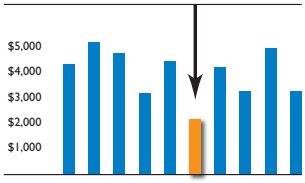

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China shuts

In the Arab world, dissent erupts — while in China, civil opposition is proving more hazardous

Heavy police presence in Beijing meets small signs of protest

JORDAN POUILLE
NEWS@METRONEWS.CA

METRO WORLD NEWS IN BEIJING

Yesterday in China witnessed a fresh attempt by activists in 18 cities to rally the people for justice and equality in a movement of civil dissent akin to the events in the Arab world.

In Shanghai, at least seven people were arrested after police quelled anti-government protests. Meanwhile, in Beijing, I witnessed how city authorities reacted to signs of civil opposition — and how I got caught up in it.

In the Wangfujing shopping district downtown, one metro station away from Tiananmen Square, construction barriers were in place since Friday on a street activists had planned to demonstrate. By yesterday, Wangfujing had morphed into something that looked more like a massive police station. There were already more police about than regular shoppers or even potential protesters: Policemen in plain clothes, Chengguan guards (municipal police), emergency police units, civil volunteers and other security personnel.

Six street-sweeping trucks were spraying water across the pavement to disperse clusters of passersby. Ten state security agents dressed like Beijing street cleaners were wandering around KFC and McDonald's, the two restaurants where protesters were due to gather. Approximately 100 police vehicles were parked at each exit of the shopping street.

China Mobile, a state-owned telecommunications company, shut down its 3G/GPRS cellphone access for one hour.

At 2 p.m. local time, hundreds of soldiers in uniform, aimed at maintaining stability inside the country, were seen marching on Wangfujing. Access to the shopping street was completely prohibited to any new pedestrians from 2:30 p.m., local time, onwards. As I had expected, due to heavy police presence, there were scant signs of anyone coming to support the Jasmine Revolution despite many calls on Twitter and other social media.

Curiously, there are telltale signs that the heavy snow Saturday and yesterday morning was artificially provoked by the Beijing Weather Modification Unit to discourage crowds on the streets. This state meteorological agency is known for attempting to alter weather and increase precipitation by firing rockets loaded with silver iodide into clouds above.

Yesterday afternoon on Wangfujing, as I was trying to photograph myself, three policemen rushed towards me and asked for my credentials before sending me to the police station.

There I was detained for one hour and met seven other foreign correspondents, also in custody. We were asked not to interview, photograph, film or report anything without their written permission.

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out revolt

EUGENE HOSHIKO/THE ASSOCIATED PRESS

▶ A man is detained by police officers yesterday in Shanghai, China. Large numbers of police, and the use of new tactics like shrill whistles and street cleaners, are squelching any overt protests in China after calls for more peaceful gatherings modelled on recent popular democratic movements in the Middle East.

Using Twitter to organize a protest? Think again in China

Attempts to spark civil dissent à la Tunisia's Jasmine Revolution has spread to China. Last week, an Internet campaign to carry out protests akin to those of the Arab world called for regular weekend demonstrations in 18 cities across China.

In an open invitation on boxun.com, anonymous activists called for non-violent protests "to let the Chinese government respect the Chinese people's basic rights."

For the time being at least, police authorities have been organized in clamping down on alleged demonstrators. During the week, three Chinese Internet users were arrested for "state subversion" after only a "rewet" on a Twitter discussion over a protest. Reports say 100 dissidents were also put under "house arrest."

Among the activists' appeal is tackling the rising tide of state-level corruption. The government is responding in part to their grievance. In an hour-long live web chat yesterday morning, Chinese Prime Minister Wen Jiabao said he did not promise any political reforms but added he would intensify his efforts against corruption, inflation and poverty.

JORDAN POUILLE

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Earth to Facebook: Turn off for an hour

Activist appeals to CEO Mark Zuckerberg to suspend site for Earth Hour But advertisers may not go for it

How does a person go about campaigning to shut down Facebook in support of Earth Hour? On Facebook, of course.

Toronto resident Angie Bird, 26, set up a Facebook page to publicize her plea to Mark Zuckerberg, the site's founder and CEO: Switch off the 500-million-user site and draw awareness to energy conservation.

"It's getting a lot of attention," says Zoe Caron, climate policy and advocacy specialist for World Wildlife Fund Canada.

Earth Hour is an environmental initiative started in 2007 in Australia — where Bird is from — aimed at convincing people to power off in support of lowering carbon emissions. Last year, 128 countries signed up.

RICHARD LAUTENS/TORSTAR NEWS SERVICE

▶ Angie Bird, beside a photo of Mark Zuckerberg, wants Facebook to shut down for Earth Day on March 26.

Bird thinks Facebook could bring even more attention to the cause. "It's the easiest way to reach people of all races, religions and backgrounds."

Facebook's press team has not responded — yet — to Bird's campaign. But Bird is optimistic. "It'll be character building," she says to anyone who starts hyperventilating at the thought of being forced offline.

"They'll have amazing things to update their status about — if they get through it."

TORSTAR NEWS SERVICE

Over the coals

- **Facebook has in** the past come under fire for its emissions. In January of last year, it announced it had broken ground on its first custom data centre, saying it would power the facility using energy-efficient techniques. But Greenpeace criticized Facebook for using coal to power the centre and not committing to 100 per cent green energy sources.
- **Data on how** much carbon emissions are released by using the Internet are difficult to pin down. Google's official estimate is that one search emits 0.2 grams of carbon dioxide, though other estimates have put that figure much higher.

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TARA WALTON/TORSTAR NEWS SERVICE

▶ Oil-producing provinces stand to gain the most as energy prices creep up.

Cost of oil: Who wins?

Western Canada will do much better and Central Canada noticeably worse if oil prices stay high ◐ Slowdown could affect economic recovery

The Middle East unrest sending gas prices to $1.20 a litre and beyond could prove beneficial to some.

For oil-producing provinces that collect royalties from resources, the payoff is considerable.

For non-producers, there is only pain. By some estimates, every $10 hike in the price of oil trims Ontario's annual economic output by 0.1 to 0.3 percentage points.

As for Ottawa, which is deep in red ink, analysts believe the feds will make off like at least a modest bandit from high oil prices.

"In Canada we do get the income boost. Corporate profits go up, Canadians own stock so their wealth goes up and the dollar tends to drift up, so you can buy more," said Michael Gregory, an economist with BMO Capital Markets.

All that generates government revenues, he said.

THE CANADIAN PRESS

Libyan oil bases in disarray

Libya's oil industry was in chaos last week as the country edged closer to civil war. Armed men looted oilfield bases, while port workers failed to show up for work, leaving empty tankers floating in the Mediterranean. Compounding the situation was a near-complete breakdown in information, analysts said, adding they do not expect things to improve in the near future.

THE ASSOCIATED PRESS

Market moment

PRICES AS OF 4 P.M. FRIDAY

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+ 184.82 (14,052.13)	+ 0.47¢ (102.18¢ US)	+ $0.60 US ($97.88 US)	1,000 cu ft $4.005 US (+ 13.3¢) Gold contracts $1,409.30 US (– $6.50)

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AN EXTRAORDINARY ARCHITECTURAL ALIEN

Urban Compass

CAROLYN MORRIS

"I feel like an alien sometimes," Ruth A. Mora tells me. The petite, fiery brunette is an architect who immigrated to Canada from Venezuela in her 20s.

She sits in Arepa Café, a trendy Venezuelan joint on Queen Street, surrounded by architectural plans and pictures — an exhibition highlighting the Universidad Central de Venezuela in Caracas. The entire campus was designed by the most influential Venezuelan architect of the 20th century, Carlos Raul Villanueva. Mora developed the exhibit along with her friends and fellow Venezuelan expats, architect Gaston Soucy and Eduardo Lee, an interior designer and co-owner of Arepa Café.

The campus is remarkable for its fluidity and the way the design plays with light and shadow. It features colourful glasswork and walls with differently shaped cutouts, letting the sun draw patterns across the ground. And the covered plazas lead you gently around the grounds, blocking the direct sunlight.

When the three were first offered the plans from a professor in Venezuela, they got together to think up ways of presenting them. But their conversations invariably strayed to the immigrant experience. They talked about having to adapt to a different society and about how they often saw things others took for granted — such as blue shadows.

"We don't have blue shadows in Venezuela," Mora tells me as I wonder whether I've ever noticed. "The sun is so strong that the shadows are always black."

For Lee it was the purple skies that caught his eye.

Then, while doing their research, they realized something about Villanueva they had never learned, despite numerous classes on his architecture at school. They discovered that he had been an immigrant as well. Born in London to Venezuelan diplomats, he spent his childhood and early adulthood in Europe.

"Everyone thinks that Villanueva is Venezuelan," says Lee, a thin, animated man with green-framed glasses. And he was — but he only moved there from Europe at the age of 28. This made the group speculate about the inspiration behind his architectural genius.

"Had he been raised in Venezuela," says Mora, "he probably wouldn't have been that impressed with the sun." This project is no exception — playing with natural light is a mainstay in Villanueva's architecture.

When a friend of Mora's told her about a category for the best and brightest immigrants to the United States called the Extraordinary Ability Alien category, she shared it with the group.

"We appropriated that title," says Lee.

"We decided he was an extraordinary alien."

The exhibit Villanueva: An Extraordinary Alien is on display at Arepa Café, 490 Queen St. W., until March 29.

Contact Carolyn Morris at urbancompass@metronews.ca

Cartoon

MICHAEL DE ADDER

Net being swallowed up

Worth mentioning

Wanted: Space for rent

THE ASSOCIATED PRESS FILE

Swelling numbers of iPads, e-readers and laptops are swallowing up the finite space on the Internet and raising fears of the types of slowdowns and glitches predicted with the Y2K bug.

The problem stems from a decades-old oversight: The Internet's inventors assumed four billion numeric addresses would be plenty.

They weren't counting on tweens from Toronto to Tibet exhausting those addresses with their iPhones, BlackBerrys and Kindles.

There's almost no room left on the Internet for new computers and gadgets and Canadian Internet service providers are competing rather than co-operating to solve the problem.

A new, spacious version of the Internet is available, but many ISPs waited too long to upgrade. Now the biggest fix in cyberspace may come down to the digital equivalent of binder twine and masking tape.

Canadians could see problems when the space expires and ISPs make customers straddle the old Internet and the new Internet.

Old software might fail to reach new websites. Old firewalls might stop everything new from working altogether, or new firewalls might let in hackers old ones stopped.

THE CANADIAN PRESS

What was the highlight of the Oscars for you?

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Metro Minute at Cool Hand Of A Girl

You may have noticed over the past six months that we here at Metro Minute are unabashed literary geeks, from our complete bias toward covering book-related items to our overuse of cryptic literary references to describe a latte. Today's Metro Minute is no different. That's because we're all over Junction brunch spot Cool Hand Of A Girl. Owner Lucia Maceda plucked the name from French Algerian author Albert Camus' absurdist masterpiece The Myth Of Sisyphus, which in this case describes man's existential search for a killer plate of eggs.

Maceda's Mexican-inspired dishes will excite you just enough to polish off a piece of homemade pie and, hopefully, a new book. JORDANA DIVON

CONTRIBUTED

▶ You won't find a better-named brunch spot than this buzzing Junction affair at 2804 Dundas St. W. Visit coolhandofagirl.com for more.

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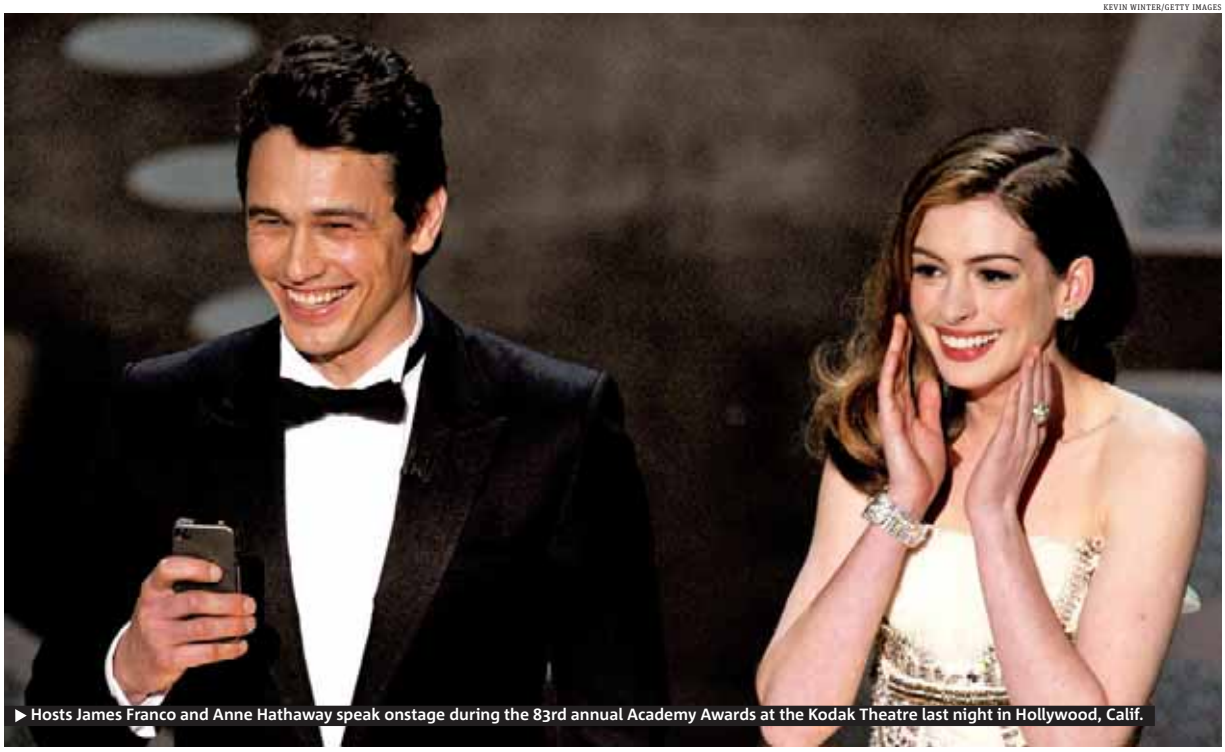


▶ Hosts James Franco and Anne Hathaway speak onstage during the 83rd annual Academy Awards at the Kodak Theatre last night in Hollywood, Calif.

The King's Speech claims Oscar glory

The Fighter wins both supporting acting awards · Leo swears during acceptance speech · Movie about British monarch takes best picture and its star, Colin Firth, named best actor

The King's Speech has been crowned best picture at an Academy Awards ceremony as precise as a state coronation, the monarchy drama leading as expected with four Oscars and predictable favourites claiming acting honours.

Colin Firth as stammering British ruler George VI in The King's Speech last night, while Natalie Portman won best actress as a delusional ballerina in Black Swan.

The boxing drama The Fighter claimed both supporting-acting honours, for Christian Bale as a boxer-turned-drug-abuser and Melissa Leo as a boxing clan's domineering matriarch.

The King's Speech also won the directing prize for Tom Hooper and the original-screenplay Oscar for David Seidler, a boyhood stutterer himself.

Hooper, a relative big-screen newcomer best known for classy TV drama, took the industry's top filmmaking prize last night over Hollywood veteran David Fincher, who had been a strong prospect for his Facebook drama The Social Network.

KEVIN WINTER/GETTY IMAGES

▶ Presenters Josh Brolin and Javier Bardem.

Network censors bleeped Leo last night for dropping the F-word during her speech.

Bale joked that he was keeping his language clean.

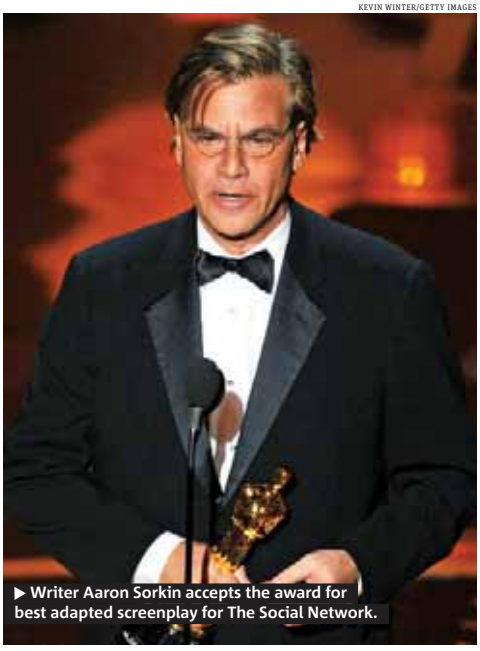
"Melissa, I'm not going to drop the F-bomb like she did," Bale said. "I've done that plenty of times before."

Backstage at the Kodak Theatre, Leo jokingly conceded it was "probably a very inappropriate place to use that particular word."

"Those words, I apologize to anyone that they offend. There is a great deal of the English language that is in my vernacular," Leo said.

Toy Story 3, last year's top-grossing release and a contender for best picture, won the fourth-straight animated-feature Oscar for Disney's Pixar Animation unit. Pixar has produced six of the 10 Oscar recipients for animation since the category was added, including Finding Nemo, WALL-E and last year's winner, Up.

KEVIN WINTER/GETTY IMAGES



▶ Writer Aaron Sorkin accepts the award for best adapted screenplay for The Social Network.

The Danish drama In a Better World won the best foreign language film Oscar, an honour for both the acclaimed filmmaker Susanne Bier and for Denmark cinema. In a Better world beat out Canadian hopeful Incendies.

THE ASSOCIATED PRESS

Box office

Wherefore art thou, Gnomeo? Atop the box office, that's where.

Walt Disney's Gnomeo & Juliet, an animated 3-D twist on Romeo And Juliet, took in $14.2 million US in its third week of release, leading the box office on Oscar weekend.

In a lighthearted, G-rated version of the Shakespeare drama, the film uses garden gnomes in roles usually reserved for heavyweights of the stage.

It was a surprising upset win for Gnomeo, which bested underperforming debuts from Owen Wilson and Nic Cage.

The Farrelly brothers' R-rated comedy Hall Pass earned $13.4 million for Warner Bros. Cage's 3-D action film Drive Angry took in just $5.1 million for Summit Entertainment.

THE ASSOCIATED PRESS

For more coverage of the Academy Awards, scan this code or visit metronews.ca/scene

Scenes from the red carpet

KEVORK DJANSEZIAN/GETTY IMAGES

▶ Winter's Bone star Jennifer Lawrence rocks the red carpet with this appropriately coloured dress.

JASON MERRITT/GETTY IMAGES

▶ Jeremy Renner and Scarlett Johansson look cute together, sparking rumours the two are an item.

KEVORK DJANSEZIAN/GETTY IMAGES

▶ Mila Kunis

FRAZER HARRISON/GETTY IMAGES

▶ Cate Blanchett

The highest concentration of cameras anywhere in the world yesterday was probably at the 83rd Academy Awards.

Besides hundreds of TV cameras on the red carpet, and a worldwide broadcast beamed to more than 200 countries, there were webcams in almost every corner just to catch a glimpse of Hollywood's stars.

Here are some of the highlights of the red carpet experience:

A radiant Oscar co-host Anne Hathaway ran into the Oscar show's producer, Bruce Cohen, on the red carpet. "Do you like my dress?" she asked. "It's kinda pretty, huh?"

New parents Javier Bardem and Penelope Cruz, the latter in a shimmering reflective red dress, provoked screams of rapture from the fan bleachers.

Justin Timberlake brought his mom as his date. The two posed for photos together on the red carpet.

Last year's best actor winner, Jeff Bridges, nominated for the same award again this year, arrived with his wife and three daughters in tow.

Director Taylor Hackford walked behind wife Helen Mirren, gently holding up the train of her body-hugging silver gown.

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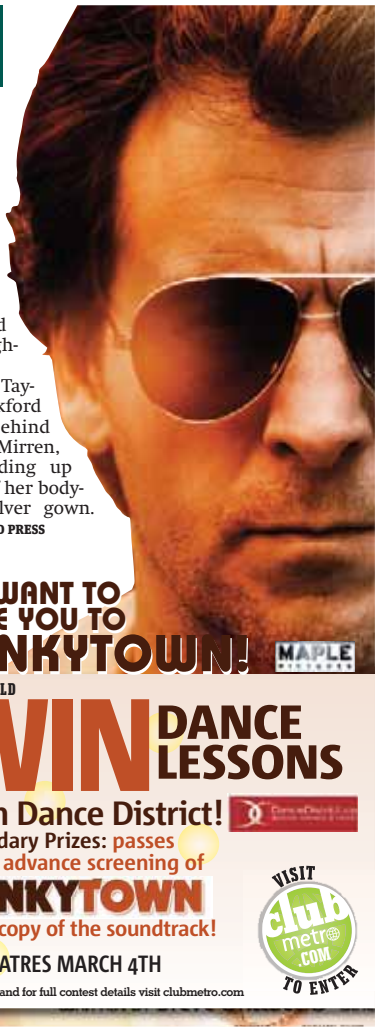
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Airbender rules the Razzies

M. Night Shyamalan project nabs worst picture and 4 other prizes

PARAMOUNT PICTURES, INDUSTRIAL LIGHT & MAGIC

▶ Dev Patel plays Prince Zuko in a scene from The Last Airbender.

The action fantasy The Last Airbender — about people who can command fire, air, water and earth — now controls something else: the Razzie awards for Hollywood's worst film achievements of 2010.

The Last Airbender led Saturday's Razzies with five awards, among them worst picture, worst director and worst screenplay for M. Night Shyamalan.

The movie also received Razzies for worst supporting actor (Jackson Rathbone, who was cited for both The Last Airbender and The Twilight Saga: Eclipse) and for a special award, worst eye-gouging misuse of 3-D.

A spoof of the Academy Awards, the Razzies were announced the night before the Oscars, Hollywood's biggest party.

Sex and the City 2 took three Razzies, including worst actress, a prize shared by co-stars Sarah Jessica Parker, Kim Cattrall, Kristin Davis and Cynthia Nixon, worst screen couple or ensemble for its entire cast, and worst prequel, remake, rip-off or sequel.

Ashton Kutcher was picked as worst actor for Killers and Valentine's Day, while Jessica Alba took the Razzie as worst supporting actress for four 2010 releases, The Killer Inside Me, Little Fockers, Machete and Valentine's Day.

Shyamalan has been on a downward spiral since 1999 Oscar best-picture contender The Sixth Sense, which earned him directing and writing nominations at Hollywood's highest honours. He won Razzies as worst director and worst supporting actor for his 2006 fantasy flop Lady in the Water.

Despite terrible reviews, The Last Airbender managed to find a decent audience, pulling in $300 million worldwide at the box office.

Shyamalan adapted the movie from the animated TV series Avatar: The Last Airbender.

THE ASSOCIATED PRESS

Sex and disrespect

- Razzies founder John Wilson says Sex and the City 2 was offensive, as the film show Sarah Jessica Parker and her gal pal co-stars disrespecting Arab culture on a trip to Abu Dhabi and flaunting their privileged ways.
- "It was released in the middle of a period of American history when everyone's scrounging not to lose their homes, and these women are riding around in Rolls-Royces, buying expensive shoes and just throwing money around like they're drunk," Wilson said.

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Chaykin honoured

Late actors Chaykin, Wright win ACTRA Toronto Awards

Late actors Maury Chaykin and Tracy Wright were among the winners at Friday night's ACTRA Awards in Toronto.

The Toronto chapter of the Canadian performers union honoured Chaykin with the best actor award for his role on the Winnipeg comedy series Less Than Kind.

The best actress award went to both Wright and Molly Parker for Bruce McDonald's rock 'n' roll film, Trigger.

Wright, who died last June in Toronto of cancer at age 50, is also up against Parker for best actress at this year's Genie Awards, set for March 10 in Ottawa.

Chaykin died in Toronto last July at age 61.

Friday marked the ninth annual ACTRA Awards.

THE CANADIAN PRESS

KEITH BEATY/TORSTAR NEWS SERVICE

▶ Maury Chaykin

Black Swan wins big at Spirit Awards

NED EHRBAR
SCENE@METRONEWS.CA
METRO WORLD NEWS IN LOS ANGELES

CHRIS PIZZELLO/THE ASSOCIATED PRESS

▶ Natalie Portman

Darren Aronofsky's Black Swan dominated the Film Independent Spirit Awards, which celebrated the best in independent film with a beachside awards ceremony in Santa Monica the day before the Oscars.

Aronofsky's ballet-focused psychological thriller, which recently crossed the $100 million mark at the box office, won Best Feature, Best Director, Best Cinematographer and Best Actress for Natalie Portman.

With Oscar heavyweights the Social Network and The King's Speech ruled out due to budget and relegated to the foreign film category, respectively, the Spirit Awards were a chance for other Academy Awards hopefuls to shine.

Best Actor nominee — and Oscar co-host — James Franco took home the Spirit Award for Best Male Lead, while Oscar nominee John Hawkes won Best Supporting Male for Winter's Bone. The King's Speech still managed to sneak in, winning the Best Foreign Film award.

Given the studio muscle behind Black Swan, some have questioned whether it was fair to place it in competition against other indies. The film qualified because its production budget was below $20 million.

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Product Hailed by Doctors as the Solution for Back Pain

Doctor developed decompression belt has been called the solution for back pain. Dr. Michael Ho announced he is giving 50% off for one week only. Due to the March rush, each household is limited to only 2 belts.

Save money and get relief for your back pain. This week only: Get clinically proven back decompression belt for 50% off.

By Marc Charron
Health and Lifestyle

Back pain affects 8 out of 10 people. It can also rob you of your happiness, where getting out of bed becomes a painful reminder of your bad back. While pills provide temporary relief, the condition can reoccur, because pills mask the symptoms and do not target the cause of the pain. Other treatments cost thousands of dollars or have substantial health risks. "That's why most people end up "living" with their bad back," says Dr. Michael Ho.

Dr. Michael Ho is a doctor with over 20 years of clinical experience specializing in treating the cause of chronic back pain, including Degenerative Disc Disease, Sciatic Nerve Pain, Scoliosis, Spinal Stenosis and Herniated / Bulging discs. His belief is to treat the cause of the problem so that patients get long term relief, earning him international recognition for his patient care and expertise.

"Many people have back pain due to spinal disc compression. This can result in back pain, which if left untreated, can lead to more serious conditions."

Dr. Ho has developed a back supporting decompression belt that can be used at home, allowing you to help relieve your back pain, while saving time and money.

Dr. Ho's brand new Decompression Belt is endorsed by medical professionals and customers that have suffered with long-term, chronic back pain.

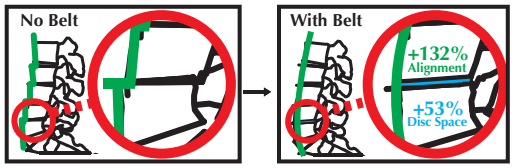
"I have used many modalities to treat my patients, but nothing is as effective as the decompression belt. To effectively treat someone with back pain, the patient must receive treatment everyday for 6 - 8 weeks. People cannot afford the time or money to visit the doctor everyday. I developed this belt because patients need a device they can use at home. By treating themselves daily, it will speed up recovery time and increase the overall effectiveness of the treatment. Whether you're working, walking or gardening, this belt can help protect and treat your back," says Dr. Ho.

Dr. Michael Ho consults with a patient suffering with herniated disc, degenerated disc and over 10 years of back pain.

Dr. Ho's Decompression Belt expands to help decompress the spine to provide support and help relieve the pain. The belt will help relieve your pain in as little as 20 minutes, even if you've suffered with back pain for many years. And you can even wear the belt while doing activities.

As an exclusive Metro Special, Dr. Ho has agreed to give the first 100 customers 50% off as well as include a free pair of his Back Pain Relieving Air Orthotics worth a value of $80! "The Decompression Belt will help relieve your back pain safely without the use of drugs. You don't have to live with your back pain any longer."

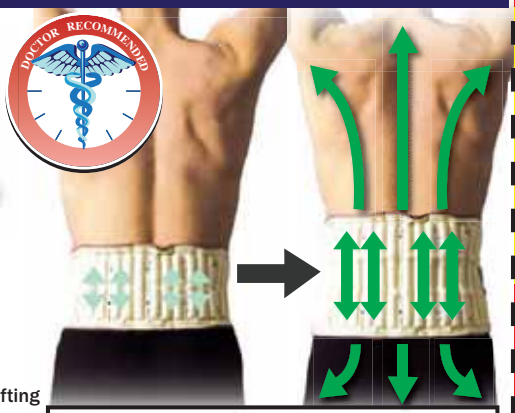
To be one of the first 100 people, please call 1-877-792-1322 or visit www.DrhoBelt.com



Spinal x-ray analysis indicates DR-HO'S Decompression Belt increased spinal disc space by 53%, and improved spinal alignment by 132%.

New Innovation for Back Pain Sufferers

Imagine living without back pain. Now you can with Dr. Ho's Back Belt!



DR-HO'S Back Belt helps relieve:

- Chronic & acute back pain
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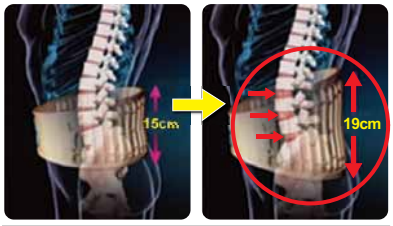
- Leg pain related to degenerative disc
- Pain from degenerative & herniated discs
- Aching back from walking, sitting, driving, lifting
- Poor Posture
- Sore back from child or elderly care
- Back pain from working or sports
- Sciatic pain or pinched nerves

▶▶▶ Great for working, walking, gardening, golfing and better posture!

Dr. Ho personally guarantees his belt will help relieve your back pain within 30 days or your money back



Belt inflates with air, expands vertically, gently stretching the muscles to relieve lower back pain

Decompression Belt inflates with air and expands to stretch tight back muscles. Helps relieve pain related to degenerative discs, herniated discs and pinched nerves.

"Every patient with back pain should wear this belt because it gives core strength and support in your spine, and a traction effect for great pain relief. Patients with chronic back pain can wear this belt and get their life back. They feel more confident, be more active, and do things that they love doing."

"This belt is very comfortable and helps take the stress off my lower back. I feel I now have better posture. I can see this being used by people with chronic back pain and it's pharmaceutical free and so easy to do."

"This belt feels like the weight is taken off of you. Pain pills only mask the pain. With the belt I can be pain free. My grandson loves to be picked up. But you don't realize how much pressure that puts on your back. With my belt, I don't have to worry!"

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Biebs makes use of his shorn locks

Justin Bieber is making use of the scraps left from his recent haircut.

While stopping by Ellen DeGeneres' talk show, he presented DeGeneres with a lock of his hair, which she had joked she wanted for her birthday.

Now DeGeneres is auctioning the lock for charity on eBay. Bids have already topped $12,000 with two days still left in the auction.

METRO

Arquette thought Courteney was cheating

David Arquette admits that reports about estranged wife Courteney Cox having an affair contributed to the partying binge that put him in rehab.

"There were tabloid stories coming out about her and someone on her show having, you know, an affair," he tells Oprah Winfrey.

"I thought she was having an affair with someone. Nobody would've said something like that if she weren't."

METRO

RICCARDO S. SAVI/GETTY IMAGES

▶ Charlie Sheen

Charlie's next big adventure

Embattled actor looks to pen his memoirs

After a series of epic rants against his Two and a Half Men bosses that ended with the show being cancelled for the rest of the season, Charlie Sheen is moving on to his next gig: writing his memoirs.

According to TMZ, Sheen is pitching a book called When the Laughter Stopped that will detail his time on the No. 1 television comedy.

Sheen is reportedly looking for $10 million for the deal.

METRO

Another Glee man for Taylor?

Taylor Swift may have a new squeeze in blonde Glee heartthrob Chord Overstreet, according to Us Weekly.

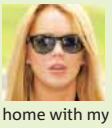
The pair were spotted getting cosy at a Los Angeles Kings hockey game at the Staples Center, and it reportedly wasn't their first get-together: "They've met a few times. Chord is into her. He will definitely pursue this," a source says. Swift previously dated Overstreet's Glee co-star, Cory Monteith, although briefly.

METRO

RICK DIAMOND/GETTY IMAGES

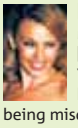
▶ Taylor Swift

Celebrity tweets



Lindsay Lohan [@lindsaylohan] Enjoying a night at home with my family w/a delicious meal #madebyLindsayLohan

Lily Allen [@lilyroseallen] @kanyewest never has a tweet put me in such a bad mood. This is wrong on so many levels.



Kylie Minogue [@kylieminogue] You've no idea how much I HATE being misquoted

Sarah Silverman [@SarahKSilverman] The "Pajama Jeans" infomercial that plays during the 2am-3am hour is the saddest hour of the day.

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CARE CANADA

▶ Abshiro Aden Mohamed, a widow with four children who lives in a Kenyan refugee camp, walks about 20,000 steps a day. On March 8, you can help fight global poverty by walking to raise money for women like Mohamed.

Walking in her shoes

CARE Canada estimates some women in poor communities walk on average 8,000 steps a day

HEATHER BUCHAN
LIFE@METRONEWS.CA

All over the world, women and girls in some of the poorest communities take on the brunt of domestic labour: collecting firewood, fetching water and gathering food. These tasks entail long, often arduous, walks.

According to CARE Canada, an aid and development organization dedicated to fighting global poverty, these women and girls walk an average of six kilometres a day, which is about 8,000 steps.

Abshiro Aden Mohamed — a 55-year-old widowed mother of four who fled war-torn Somalia in 1991 and settled into the Dadaab Refugee Camp in Kenya where she and her children and grandchildren still live today, along with 10,000 other refugees — surpasses the statistics. She walks an average of 20,000 steps a day.

Here's what a typical day walking in Abshiro's well-trodden shoes is like.

Zero kilometres

Abshiro wakes up at 5 a.m. to pray before waking her youngest child, a 13-year-old daughter, along with her grandchildren for school and preparing breakfast for her entire family, which includes two grown sons, and their wives and her grown daughter. She then feeds her goats, fetches water from the nearby tap stand and walks the goats to the farthest end of camp where herdsmen take them to graze in the bush.

6 kilometres

After returning home, Abshiro walks the 30-minute route to the camp's market, where she owns a grocery stall, arriving at about 9 a.m. to open her business, which she runs with her 25-year-old daughter. Abshiro spends the next two hours dealing with wholesalers and stocking her stall, before heading out at 11 a.m. on a 30-minute walk to the other end of camp where she is supervising the construction of a boarding and lodging facility. Some days she must also walk to the food ration centre.

12 kilometres

Abshiro walks back to her stall in the heat, arriving at 1 p.m. to check on business. She then walks home to prepare tea for the children, perform her afternoon prayers and fetch more water. By the time she returns with water, it is 6 p.m. and Abshiro prepares dinner for the family. While they eat, she walks to the outskirts of camp to pick up her goats. She and the goats return home, she feeds them, performs evening prayers and bathes.

15 kilometres

At 9 p.m., Abshiro finally eats dinner, visits with neighbours for 20 minutes, does her laundry and goes to bed around 11:30 p.m.

"Every day is a happy day given to us by God," she says. "I am healthy and at peace of heart. I have all my children with me ... and they are of good health."

Women's Day

On March 8, celebrate International Women's Day and fight global poverty. Here's how you can help:

- **Walk**
  Take part in CARE Canada's Walk in Her Shoes national challenge.
- **Raise Money**
  You will raise money while walking 8,000 steps a day from March 2 to 8, or build your own challenge by setting up your own step count and time frame.
- **Register**
  Register individually or as part of a team at care.ca.
- **Results**
  Money raised will empower women and girls to improve their lives through access to education, health care, clean drinking water and earning a living.

3 life

Family time

Hold the chores!
Make time for some fun family activities:
• Games are a great way to kick back and relax with the family while teaching your kids patience, honesty and teamwork.
• Movies are an excitng way to escape with your family. All you need is a comfy couch, pyjamas and a DVD.
• Volunteering as a family can be fun and rewarding.
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Teresa Kruze
turningpointmedia.ca

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Give pizza a peppery and sweet upgrade

This arugula and fresh basil pizza with a crisp crust is easy to make

LARRY CROWE/ THE ASSOCIATED PRESS

▶ Use a vegetable peeler to shave the Parmesan over the pizza.

DINNER EXPRESS

EMILY RICHARDS
FOOD@METRONEWS.CA

Arugula, popular with Italian cooks since Roman times, is getting its own shelf space in grocery stores, as producers look for new greens to entice consumers.

Here, it's used to a make a sweet and peppery fresh basil and arugula pizza.

Preparation:

1. In a large bowl, stir water and yeast together, add all purpose and spelt flours, salt and oil until ragged firm dough comes together. Turn out onto a lightly floured surface and knead until dough feels elastic and smooth. Place dough in lightly oiled bowl, cover with plastic wrap and let rest for 30 minutes.
2. **Toppings**: Meanwhile, in a skillet heat oil over medium heat, and cook mushrooms and garlic until soft. Add artichokes and lemon rind and cook, stirring until warmed through or about two minutes. Season with salt and pepper, to taste.
3. In a small bowl, stir together pesto and sour cream.
4. Place a baking tray in the oven and preheat to 500 F (260 C).
5. Divide pizza dough into 2 discs. On lightly floured surface, roll out each piece to about 9 inches (23 cm) across. Remove heating pan from oven and sprinkle lightly with cornmeal.
6. Place rolled crust on pan and spread thin layer of the pesto mixture. Arrange prosciutto on top and spoon mushroom filling over top and bake for 10 to 15 minutes or until edges are golden.
7. Sprinkle pizzas with Parmesan and top with basil and arugula.

WITH FILES FROM THE ASSOCIATED PRESS

Ingredients:

- 3/4 cup (175 mL) tepid water (about 105 F/40 C)
- 2 1/4 tsp) instant dry yeast
- 1 cup (250 mL) all-purpose flour
- 1 cup (250 mL) spelt flour
- 1 tsp (5 mL) salt
- 3 tbsp (45 mL) olive oil

Toppings

- 2 tbsp (30 mL) olive oil
- 8 oz (250 g) cremini mushrooms, sliced
- 2 cloves garlic, minced
- 1 jar (14 oz/398 mL) marinated artichokes
- Salt and pepper
- 1 tsp (5 mL) grated lemon rind
- 1/4 cup (50 mL) basil pesto
- 3 tbsp (45 mL) sour cream
- Cornmeal for sprinkling
- 12 slices prosciutto
- 2 oz (60 g) shaved Parmesan cheese
- 2 cups (500 mL) lightly packed baby arugula leaves
- 1/3 cup (75 mL) lightly packed fresh basil leaves

EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOK BOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA.

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ISTOCK PHOTO

▶ Increasingly, there are safe alternatives to using harmful road salts.

Putting ice on a low-salt diet

There are new alternatives to those environmentally unsafe road salts EcoTraction is one that may stick

BEN KNIGHT
LIFE@METRONEWS.CA

Canadian cities use an enormous amount of salt and gravel to keep their roads and highways ice-free. This salt damages infrastructure, eventually seeping into the ground and water systems, where it causes harmful, expensive, toxic after-effects.

EcoTraction is a pollution-free alternative developed by Canadian entrepreneurs. It bonds to ice, increasing traction, and blows away as dust when the ice is gone. It's been featured on the popular CBC television program Dragons' Den.

What are the pollution dangers of traditional road salt?

"Every ton of salt that we put on the road causes $900 in damage to roads, bridges and landscaping in our cities," says EcoTraction co-founder Mark Watson. "That's not counting rust on cars, and your shoes that get destroyed, and your pets that get sick. Multiply that by 10-million tons, and now you've got a $9-billion problem. On top of that, every ton of salt contaminates 1.64 million litres of water, to the point where it is no longer drinkable. There is no industrial contaminant larger than road salt."

How does this new product work?

"EcoTraction is 100 per cent eco-friendly alternative to chloride-based ice melters," Watson explains. "It's an all-natural volcanic mineral that absorbs the thin layer of water on the surface of snow and ice, and embeds itself to create a traction zone that makes it safe to walk. It's so safe, it helps plants grow — and actually decontaminates water. A lot of it simply disappears as dust. It can also be swept up, and used again the following year. This stuff can even be added to municipal compost — those green-bin programs — to make super-rich compost."

What are the costs compared to traditional salt?

"One cup of our EcoTraction is equal to nine cups of salt," Watson notes.

"Per square foot, it's half the price, and there's no toxic secondary consequences. It doesn't burn the concrete. It doesn't burn landscaping. It doesn't burn a city's fleet of vehicles. When salt goes in the water, it's a massive pollutant. When EcoTraction goes into the water, it filters dangerous material, and is safe for aquamarine life."

Toronto

What's going on in your city:

- **Efforts** The city's Transportation Services Division of Works and Emergency Services in enacting changes to improve the way road salt is transported, stored and used. Efforts are being made to reduce salt use, balanced by the need to keep city streets and sidewalks ice-free.
- **Video** Hear more from Mark Watson at youtube.com/thetruthaboutsalt.

Queen of Green

LINDSAY COULTER
GREEN@METRONEWS.CA

THE CHALLENGES OF GREEN CLEAN

The caulking in our shower is getting blacker and yuckier by the day. I've tried a few different cleaning agents but was wondering if you have any tricks up your sleeve for mildew?
Ione, Sunshine Coast of B.C.

▶ Get a handle on the mould and mildew in your bathroom.

Mould and mildew are definitely cleaning challenges. That yucky black stuff is a colony of moisture-loving mould spores. It grows on caulking (the squishy stuff that seals your tub to the wall), in grout lines (the hard material between tiles), on the shower curtain, or on tub and tile surfaces. And it can affect air quality.

You can tackle mould and mildew on bathroom surfaces a few different ways:

Make a paste with baking soda and liquid castile soap (try the types infused with tea tree or lavender essential oils). Apply with a sponge or rag, let sit for 15 minutes for heavy duty jobs, then rinse and wipe clean.

A spray bottle of undiluted white vinegar will also do the trick, but be careful. Vinegar is a strong acid that can etch tile or grout. Use it only on the caulking and rinse off well — it's always best to do a test patch.

Liquid oxygen bleach is another option. It's basically diluted hydrogen peroxide, found in the laundry aisle of your grocery store. Apply it with a spray bottle or follow the manufacturer's instructions.

Worst case scenario is if the mould has worked its way behind the caulking. In this case, you may have to re-caulk, and if you do, choose non-toxic, 100 per cent silicone.

Of course, mould and mildew prevention is the key. Get a handle on the humidity of your bathroom. Make sure the fan is rated to fit the size of your bathroom and that it's working properly.

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Turning Point

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BUILDING A BUSINESS

For a year and a half he sat beside his grandfather every chance he could, listening to his views on life and business.

His beloved granddad had cancer and Kyle Braatz knew his time with him was limited.

When it finally came time to say goodbye, Kyle decided he would honour his life by organizing a cross-country bike tour that raised more than $100,000 for cancer research.

Armed with that experience and his granddad's advice, Braatz decided to start his own company in Ottawa.

His company, Netgen, which launched in 2009, is now a successful digital marketing firm.

At the age of 26, Braatz has started three companies and is working on a fourth.

Finding and working with mentors have taken Kyle's entrepreneurial skills to the next level.

"Sometimes you have the best idea going but you're afraid to ask for feedback," he said.

"They genuinely want to help so don't think you're a burden."

Kyle's inspiration and biggest mentor was Frank Moores, the second premier of Newfoundland.

He learned from one of the best. Granddad Frank would be proud.

▶ Kyle Braatz, co-founder and CEO of Netgen.

Starting out

Tips for entrepreneurs.

- Make community and relationships the foundation of your life and your business.
- Believe in yourself and surround yourself with people who believe in you.
- Money should not be your motivation; it is merely an indicator that comes from following passion.
- Base your business and your life on integrity. Short-term gains mean nothing unless they are sustainable.
- Be open to criticism, support and change.

Vote for our TurningPoint contest winner

Thank you all for entering our TurningPoint New You Makeover Contest. We received hundreds and hundreds of entries and I read every single one.

Your stories truly touched my heart. I got emotional over many of the entries and cried over others. Some of your stories made me cheer and applaud your tenacity and courage during terrible times of change, growth and struggle.

It reinforced my opinion that nothing is stronger than the human spirit and our innate desire to change our lives and keep moving toward the finish line of happiness and success.

If I could, I would award you all a grand prize. However, we only have one prize package to give away, so we began the difficult process of finding a winner.

For hours we poured over all the entries and managed with great difficulty to narrow it down to 52 finalists.

An expert judging panel was brought in and we managed to whittle the entries down to five — but now we want your say.

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You'll read about an inspirational breast cancer survivor who is looking to get her career back on track, a hard-working mom whose husband left her and she needs a new start, a bus driver who has to change careers because of health reasons, a young father-to-be who wants his unborn child to be proud of him, and a woman who has turned her life of hard knocks into a dream of entrepreneurship.

They are all incredible people — but then, so are you. Thank you for entering our contest. I have a feeling it won't be the last time we launch an initiative like this. Until then, keep working hard and never lose sight of your goals.

TERESA KRUZE

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Make the most of your home office

Today's home offices can be versatile in look, function and form Here's how to make your space work for you

ISTOCK

If your home doesn't have a dedicated office, try incorporating one into your kitchen.

For most of us, the home office is a must, but it doesn't have to be the cluttered storage room for all your household's odds and ends.

Today's home offices can be versatile in look, function, form — even location. Frank Turco, senior manager of trend and design with The Home Depot Canada, recommends these tips to make your home office work for you.

Two rooms in one

If your home doesn't have a dedicated office, incorporating a workstation into the kitchen can be easily done. Plus, easy access to the workstation ensures you can keep your eyes on the "staff" while they play.

Organize for efficiency

Look to better organize your workstation. If the base of your computer is only accessed for troubleshooting, place it under your desk. Need to print on a daily basis? Keep your printer within reach.

How about more space and storage? Consider storage solutions that are both functional and stylish.

Creatively categorize

Take the pegboard out of the garage and use it in your office to hang essentials — from scissors to staplers. Try painting the pegboard a bright colour to add a touch of decor.

Out of space

If you're in need of a home office but feel you simply don't have the space, floating shelves and storage cubes may be the solution for you. What's best is they can be tailored for your space and needs.

Or out of mind...

Would you prefer your home office is out of sight and out of mind when not in use? Then an unused closet may make the perfect space.

Simply add shelving to create storage and a desk and wallpaper to finish the look. NEWS CANADA

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Just say no to scare tactics: Experts

When it comes to drug prevention among teens, a realistic approach may be the key

Nathaniel Koutsostavros had a rough adolescence. An absent father and a bipolar grandmother created a tough life at home, while weight issues and depression made high school painful.

At 17, he turned to drugs and soon spiralled out of control, often spending $300 a day on cocaine. Looking back, many of those days remain a blur, but the Toronto native does remember the prevention programs that tried to stop him from what he had become, and how they didn't seem to work.

"It was unrealistic," says Koutsostavros, now a recovering drug addict who remembers the scare tactics used to ward teens away from substance abuse. "If someone would have came to me and honestly talked to me about drugs, it probably would have helped a little more."

Koutsostavros recalls being plied with horror stories about how one ecstasy pill could kill, or how smoking marijuana would lead to schizophrenia. Daring teenagers not to use drugs simply goaded them into trying them, he says.

"When I tried weed I said, 'This is not doing anything,' and so I would try other drugs and they would have a more positive effect than what they led me to believe," says Koutsostavros. "I feel like scare tactics are the worst things you can use with drugs."

The 21-year-old, who completed a stint in rehab a year and a half ago, now shares his experiences with high school kids, offering a realistic view of what happens to addicts. No horror stories, just the facts.

It's an approach that a leading scientist in the U.S. is trying hard to push into practice all over North America.

Dr. Nora Volkow, director of the National Institute on Drug Abuse, says teens are more likely to respond to drug prevention messages if they come from other young people. But, she cautions, teens are also more likely to take drugs if their peers do as well.

"We need to tailor addiction programs to take into account these two factors," says Volkow. "A message that is targeted toward really emphasizing the negative consequences in a way that is tailored for adolescents would be more effective."

A multi-pronged drug prevention approach, which targets an adolescent's family, school and community, would pack the hardest punch, she says. But while evidence for the success of such programs exists, Volkow says only a handful of schools and communities implement them. And that's something she hopes will change.

▶ A multi-pronged drug prevention approach, targeting an adolescent's family, school and community, is needed, says a leading U.S. scientist.

"You need simple, realistic, user-friendly prevention approaches, otherwise it won't go anywhere," she says.

Dennis Long knows communities can do more to prevent teenage substance abuse. The director of Breakaway, a Toronto-based outreach and addiction treatment centre, has been in the field for 35 years and says the numbers for youth drug use aren't declining in any significant way.

But he says it's important that teen drug abuse prevention programs get away from focusing solely on addiction because adolescents use substances differently. Long explains that teenagers have a higher tendency to stay clean during the week and then binge on any given substance over the weekend, meaning prevention efforts have to take such habits into consideration.

He adds that it's also important for parents and teachers to realize that substances like alcohol can be just as dangerous as hard drugs when abused.

"We get parents in here that are very upset they've discovered a joint in their son or daughter's room and yet, when we start talking to the young person we find they're drinking at an alarming rate but the parents are like, 'Oh that's OK, it's just beer,'" he says. "We have to start to look at how we endorse certain kinds of behaviour patterns among young people."

Ultimately, Long's team tries to stay realistic when reaching out to teens.

"We don't come from a hard-line abstinence base. That's completely ineffective," he says. "We give them the straight facts, drawn from scientific evidence. We don't try to scare them."

THE CANADIAN PRESS

The teen brain

Part of the solution is understanding just how different teenage brains are.

- Volkow explains that teen brains are thought to be more likely to experiment with drugs because they are still developing. The connections between the area of the brain that makes decisions and the area that takes action aren't as strong as those in adults, she says.
- Once exposed to drugs, Volkow's institute has shown that teenagers are more vulnerable to becoming addicted because their developing brains are able to adapt and learn certain behaviours faster than adults.

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Raptors blow big lead

114	96
MAVERICKS	RAPTORS

Dirk Nowitzki scored nine of his 31 points in the fourth quarter as the Dallas Mavericks overcame an early 19-point hole to fly past the Toronto Raptors 114-96 last night.

Shawn Marion added 20 points against his former teammates while Jason Terry also came of the bench to contribute 19 points as the Western Conference powerhouse won its sixth straight contest.

Amir Johnson paced a balanced attack with 21 points for the Raptors (16-44), who played without leading scorer Andrea Bargnani in losing for the 20th time in 23 outings.

The seven-foot Italian centre is day-to-day with flu-like symptoms, and his shooting touch would have come in handy as things slipped away from the Raptors in the fourth quarter.

The Mavericks (43-16) opened the fourth with a 12-2 run for an 87-74 advantage that broke open what had been a close game. Nowitzki, who also added 13 rebounds, and Terry had five points each during that stretch, putting the visitors into cruise control en route to their 16th win in 17 games.

Peja Stojakovic, another ex-Raptor, connected on a three with 3:50 to play to make it a 20-point Dallas lead, and it was garbage time after that.

DeMar DeRozan added 19 points and Jose Calderon 15 with eight assists for Toronto.

The Raptors led 30-24 after one quarter despite opening the game on a 22-3 run.

THE CANADIAN PRESS

DAVID GOLDMAN/THE ASSOCIATED PRESS

▶ Jean-Sebastien Giguere looks up as Atlanta's Andrew Ladd celebrates the game-winning goal by Atlanta's Ron Hainsey.

Net loss

- Leafs lose in OT, see James Reimer leave game after blow to head
- Rookie goalie departs with Toronto up 2-0, but Leafs couldn't hold on

3	2
THRASHERS	LEAFS

The Maple Leafs, trying to complete an implausible journey to a playoff spot, let another point slip away yesterday.

Less than 24 hours after failing to finish off a Pittsburgh team devastated by injuries in a 6-5 shootout loss, they managed to get only one point against the reeling Thrashers, dropping a 3-2 decision in overtime. And that after taking a 2-0 lead into the third period.

This time, however, they had an excuse.

Rookie goaltending sensation James Reimer, 18 saves into a shutout, left the game with just less than four minutes remaining in the second period. He was replaced by Jean-Sebastien Giguere, who got into his first action in five games because of his ongoing groin muscle issues.

Giguere made some good saves but the team came unglued in front of him, barely hanging on to push this game into overtime and pick up the point in regulation. Part of it, likely, was fatigue, this being their third game in five days and second in as many days. Toronto had no legs in the overtime frame.

That one point leaves the Leafs four out of the final playoff spot in the Eastern Conference, currently held by Carolina. Ron Hainsey scored the winner at 2:31 of the overtime

A little more than a month ago, Atlanta held down the final playoff spot in the Eastern Conference and the Leafs, in 12th place, were 14 points out.

As giddy as that will make Toronto hockey fans, the sight of Reimer leaving the game despite riding a shutout will temper that enthusiasm. He was replaced by Giguere with Toronto ahead 2-0.

Atlanta forward Evander Kane crashed into Reimer at 1:35 of the second, his left knee hitting Reimer in the head. Kane received a two-minute minor for goaltender interference.

On two subsequent television timeouts, Reimer skated to the bench to consult with team athletic therapist Andy Playter. Giguere stretched and warmed up in the corridor behind the bench while Reimer continued playing.

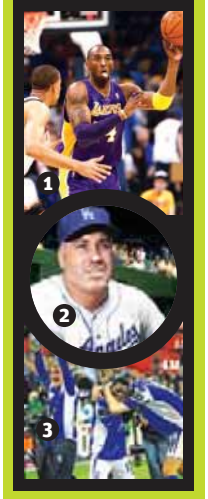
Finally, Reimer skated to the bench, his game over after 18 saves. He was not on the bench to start the third period.

Reimer has been a huge part of the Leafs' resurgence since the all-star break. If he is lost for any length of time, it may hamper Toronto's late-season push.

TORSTAR NEWS SERVICE

4 sports

Sports in brief



1 The Lakers extended their cushion over Oklahoma City in the Western Conference standings by beating the Thunder 90-87.

2 Hall of Fame centre-fielder Duke Snider died Sunday. He was 84.

3 Birmingham upset Arsenal 2-1 in the Carling Cup final.

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Jays blanked again

- Pitching solid against Tigers, but Toronto hitters fail to produce
- Kyle Drabek will miss scheduled start against Roy Halladay today

Injury updates

Manager John Farrell is hoping second baseman Aaron Hill will be ready to play in regular exhibition games by the middle of this week. Hill has been dealing with a strained quadriceps.

- Travis Snider was scheduled to hit in the cages against live pitching in Dunedin. He has been out with a strained intercostal muscle in his left rib cage.
- Outfielder Scott Podsednik has started hitting in the cages.

The Blue Jays are off to a decidedly slow offensive start under first-year manager John Farrell. Yesterday at Joker Marchant Stadium, the Jays were shut out for the second day in a row, losing 1-0 to the Tigers despite a combined four-hitter by five pitchers.

"We haven't created a whole lot of opportunities for ourselves so far," Farrell said. "Other than a throw that got away on a bunt play, we'd still be playing."

In the sixth inning against rookie Henderson Alvarez, Tigers right-fielder Andy Dirks led off with an infield single. Will Rhymes laid down a bunt in front of the plate and catcher Jose Molina bounced the throw to second, with the runner moving up to third. Victor Martinez then hit a sacrifice fly to left to drive in the only run of the game.

"Every guy that came to the mound threw the ball well," Farrell said.

"Alvarez is an impressive young guy, a guy that's just out of A-ball facing some quality hitters. His mound presence has been excellent. A well-above-average changeup and fastball combination. He's a bright young pitcher. I thought (Marc Rzepczynski) and, really, Jesse (Litsch) threw the ball well, with good action through the zone. From the pitching side of it, a very good day overall."

Rzepczynski and Litsch, two of the candidates for a spot in the rotation, combined for four shutout innings. The left-hander, Rzepczynski, retired all six batters he faced, while Litsch allowed a leadoff single in the third and mowed them down after that.

The Jays are 0-2 in Grapefruit League play and face the Phillies and Roy Halladay today.

TORSTAR NEWS SERVICE

NATHAN DENETTE/THE CANADIAN PRESS

▶ Jesse Litsch throws a pitch yesterday against the Detroit Tigers.

Flurry of trades in recent weeks may diminish deadline day

Big names in play

Jason Arnott, Devils; Brad Richards, Stars; Ales Hemsky, Oilers; Dustin Penner, Oilers; David Booth, Panthers; Stephen Weiss, Panthers; Zach Bogosian, Thrashers.

The biggest day for buzz on the NHL calendar starts awfully early in Allan Walsh's office. The Los Angeles-based agent is making sure all hands are on deck leading up to today's trade deadline.

"I want the office completely staffed and we're up and running at 4:30 a.m. L.A. time," Walsh said yesterday. "We divide up responsibilities. I have a couple people that I assign to monitoring what's going on — TSN, Sportsnet, on the Internet. At the same time, I'm working the phones talking to different GMs and players.

"You want to stay out in front of the news."

It's the kind of scene that plays out all over the hockey world. Management teams gather in war rooms, anxious players stay glued to their cellphones and fans tune in for hours and hours of live television coverage and analysis.

There is traditionally a dizzying amount of action — 31 trades involving 55 players were made last year — as teams try to load up for a playoff run or get started on a rebuild.

A unique aspect of today's 3 p.m. ET deadline is the fact an unusually high number of deals have already been made in recent weeks. More than two-thirds of NHL teams have been involved in player transactions this month, raising doubts about how much action will be left for the final day.

Walsh is confident there will still be plenty of movement. He spoke with about 12 GMs yesterday in an effort to get an understanding of what might be coming for his clients.

"I think there'll be a lot of activity, I just think there's not going to be many — if any — blockbuster deals," said Walsh, who works for Octagon Sports. "The bigger names that were at risk of being traded, pretty much almost all of them have already been moved.

"I think we're going to see a lot of trading for draft picks and a lot of rentals changing locations for the last 20 games of the season. But it's really going to be teams adding depth."

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d-Boston	61	35	19	2	5	191	146	77	15-12-1-2	20-7-1-3	5-5-0-0	W4
Pittsburgh	64	37	21	3	3	187	159	80	20-11-2-0	17-10-1-3	3-5-1-1	W1
Washington	63	33	20	5	5	168	161	76	17-8-2-5	16-12-3-0	5-5-0-0	W1
Montreal	63	33	23	4	3	165	164	73	20-8-3-3	13-15-1-0	3-5-0-2	W1
NY Rangers	64	33	27	2	2	179	157	70	14-15-1-2	19-12-1-0	4-6-0-0	L1
Carolina	63	29	25	4	5	184	193	67	16-10-1-2	13-15-3-3	3-4-2-1	L1
Buffalo	61	29	25	6	1	176	177	65	14-15-2-1	15-10-4-0	5-3-1-1	L1
Toronto	63	27	27	4	5	164	193	63	14-11-3-4	13-16-1-1	5-1-2-2	L2
Atlanta	63	26	26	4	7	178	205	63	14-12-1-5	12-14-3-2	2-6-1-1	W1
Florida	62	26	29	3	4	159	171	59	12-12-3-3	14-17-0-1	3-6-1-0	L1
New Jersey	62	27	31	3	1	132	164	58	13-13-2-1	14-18-0-1	9-1-0-0	W1
NY Islanders	63	23	32	4	4	172	205	54	12-15-1-3	11-17-3-1	6-3-1-0	L3
Ottawa	62	21	32	5	4	143	200	51	11-16-2-3	10-16-3-1	4-5-0-1	W1

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Vancouver	63	39	15	4	5	208	150	87	22-6-1-4	17-9-3-1	5-5-0-0	L1
d-Detroit	62	38	18	4	2	206	179	82	17-10-3-1	21-8-1-1	7-3-0-0	W1
d-San Jose	63	36	21	4	2	178	162	78	15-10-2-1	21-11-2-1	9-1-0-0	W6
Phoenix	63	33	21	6	3	181	182	75	15-10-3-2	18-11-3-1	8-2-0-0	L2
Los Angeles	62	35	23	2	2	174	149	74	19-9-1-0	16-14-1-2	7-1-1-1	W3
Dallas	62	33	23	2	4	171	175	72	18-9-2-3	15-14-0-1	3-6-1-0	W2
Minnesota	62	33	23	1	5	163	162	72	16-12-0-3	17-11-1-2	6-3-0-1	W1
Nashville	63	32	23	5	3	161	151	72	15-7-4-3	17-16-1-0	4-5-1-0	W1
Calgary	63	31	23	3	6	189	182	71	18-10-1-3	13-13-2-3	5-2-1-2	L2
Chicago	61	32	23	2	4	194	169	70	18-14-0-0	14-9-3-3	5-3-0-2	W3
Anaheim	62	32	25	3	2	173	184	69	17-10-1-1	15-15-2-1	4-5-1-0	L5
Columbus	61	31	24	3	3	170	181	68	16-13-0-2	15-11-3-1	6-3-0-1	L1
St. Louis	61	28	24	4	5	173	179	65	18-10-1-3	10-14-3-2	5-4-0-1	W1
Colorado	62	26	29	7	0	181	214	59	14-15-4-0	12-14-3-0	1-8-1-0	L2
Edmonton	62	20	34	1	7	156	208	48	10-18-1-3	10-16-1-3	5-5-0-0	L1

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Yesterday's results
Atlanta 3 Toronto 2 (OT)
Nashville 3 Columbus 2
New Jersey 2 Florida 1
Tampa Bay 2 N.Y. Rangers 1
Phoenix at Chicago
St. Louis at Calgary
Boston at Edmonton
Colorado at Anaheim
Saturday's results
Montreal 4 Carolina 3
Ottawa 4 Philadelphia 1
Boston 3 Vancouver 1
Pittsburgh 6 Toronto 5 (SO)
Dallas 3 Nashville 2
Detroit 3 Buffalo 2 (SO)
Los Angeles 4 Colorado 3
Washington 3 N.Y. Islanders 2
Tonight's games
Chicago at Minnesota, 8 p.m.
Detroit at Los Angeles, 10:30 p.m.
Tomorrow's games
Buffalo at N.Y. Rangers, 7 p.m.
N.Y. Islanders at Washington, 7 p.m.
Florida at Carolina, 7 p.m.
Montreal at Atlanta, 7 p.m.
Boston at Ottawa, 7:30 p.m.
Calgary at St. Louis, 8 p.m.
Nashville at Edmonton, 9 p.m.
Dallas at Phoenix, 9 p.m.
Columbus at Vancouver, 10 p.m.
Colorado at San Jose, 10:30 p.m.

LIGHTNING 2, RANGERS 1

First Period
1. Tampa Bay, St. Louis 24 (Downie) 5:04
Penalties — Brewer TB (cross-checking) 1:03, Hedman TB (tripping) 13:43, Downie TB (roughing) 19:34.
Second Period
2. N.Y. Rangers, Prust 10 (McDonagh, Boyle) 9:42 (sh)
Penalties — Zuccarello NYR (tripping) 4:42, Christensen NYR (interference) 8:39, Dubinsky NYR (high-sticking) 11:59.
Third Period
3. Tampa Bay, Lecavalier 15 (St. Louis, Purcell) 2:40 (pp)
Penalties — Girardi NYR (boarding) 1:11, Boyle NYR (delay of game) 2:04, Dubinsky NYR (interference) 4:22, Clark TB (holding) 13:12.
Shots

Tampa Bay	7	5	7	19
N.Y. Rangers	4	9	10	23

Goal — Tampa Bay: Roloson (W,18-19-2); N.Y. Rangers: Lundqvist (L,25-21-4). **Power plays (goals-chances)** — Tampa Bay: 1-6; N.Y. Rangers: 0-4.
Referees — Ian Walsh, Kelly Sutherland.
Linesmen — Scott Driscoll, Tim Nowak.
Attendance — 18,200 (18,200).

PREDATORS 3, BLUE JACKETS 2

First Period
No Scoring.
Penalty — Suter Nash (slashing) 19:17.
Second Period
1. Columbus, Calvert 10 (Umberger, Clitsome) 14:17 (pp)
Penalties — O'Brien Nash (holding) 0:59, Dorsett Clb, Hornqvist Nash (high-sticking) 8:42, Weber Nash (hooking) 13:04.
Third Period
2. Nashville, Weber 13 (Suter, Fisher) 1:47 (pp)
3. Nashville, Blum 1 (Ward, Spaling) 7:18
4. Columbus, Russell 4, 12:34 (pp)
5. Nashville, Legwand 10 (Erat, Weber) 18:25
Penalties — Clitsome Clb (interference) 1:13, Moreau Clb (elbowing) 5:10, Legwand Nash (hooking) 10:50, Weber Nash (tripping) 16:16, Weber Nash (cross-checking, roughing) 20:00.
Shots

Columbus	5	12	10	27
Nashville	6	9	13	28

Goal — Columbus: Garon (L,9-10-4); Nashville: Rinne (W,22-18-6). **Power plays (goals-chances)** — Columbus: 2-5; Nashville: 1-2.
Referees — Marc Joannette, Greg Kimmerly.
Linesmen — Don Henderson, Thor Nelson.
Attendance — 16,340 (17,113).

DEVILS 2, PANTHERS 1

First Period
No Scoring.
Penalties — Greene NJ (slashing) 10:55, Dvorak Fla (hooking) 15:28.
Second Period
1. New Jersey, Clarkson 9 (Pelley, Mair) 5:46
2. New Jersey, Rolston 11 (Zubrus) 9:11 (pp)
Penalty — Weaver Fla (holding) 9:08.
Third Period
3. Florida, Reasoner 13 (Repik, Santorelli) 15:31
Penalty — Hordichuk Fla (interference) 3:00.
Shots

New Jersey	10	10	6	26
Florida	11	7	8	26

Goal — New Jersey: Brodeur (W,14-19-2); Florida: Vokoun (L,20-22-4). **Power plays (goals-chances)** — New Jersey: 1-3; Florida: 0-1.
Referees — Paul Devorski, Rob Martell. **Linesmen** — Brian Murphy, Pierre Racicot.
Attendance — 16,592 (17,040).

THRASHERS 3, LEAFS 2 (OT)

First Period
1. Toronto, Kulemin 22 (Grabovski, MacArthur) 6:09
2. Toronto, Kessel 26, 8:34
Penalties — Brent Tor (tripping) 2:00, Lebda Tor (interference) 17:08, Mason Atl (holding; served by Wheeler) 19:35.
Second Period
No Scoring.
Penalties — Kane Atl (goaltender interference) 1:35, Ladd Atl (hooking) 6:23, Brent Tor (hooking) 14:00, Aulie Tor (high-sticking) 19:18.
Third Period
3. Atlanta, Ladd 23 (Wheeler, Enstrom) 0:23 (pp)
4. Atlanta, Stapleton 1 (Stewart, Bogosian) 15:24
Penalty — Antropov Atl (charging) 5:15.
Overtime
5. Atlanta, Hainsey 2 (Little, Oduya) 2:31
Penalties — None.
Shots

Toronto	12	5	6	1—34
Atlanta	11	11	20	1—43

Goal (shots-saved) — Toronto: Reimer (18-18), Giguere (L,11-10-4)(16:04 second)(25-22); Atlanta: Mason (W,8-8-3). **Power plays (goals-chances)** — Toronto: 0-4; Atlanta: 1-4.
Referees — Eric Furlatt, Ghislain Hebert.
Linesmen — Derek Nansen, Shane Heyer.
Attendance — 13,147 (18,545).

SCORING LEADERS

	G	A	PT
D.Sedin, Vcr	32	47	79
Stamkos, TB	41	37	78
H.Sedin, Vcr	15	59	74
St. Louis, TB	23	50	73
Perry, Ana	31	36	67
Zetterberg, Det	18	49	67
Crosby, Pgh	32	34	66
Ovechkin, Wash	24	39	63
B.Richards, Dal	24	39	63
Kopitar, LA	20	40	60
E.Staal, Car	27	32	59
Iginla, Cal	25	33	58
Giroux, Pha	21	37	58
Kesler, Vcr	33	24	57
Eriksson, Dal	21	36	57
Selanne, Ana	20	37	57
Sharp, Chi	32	24	56
Nash, Clb	29	27	56
Toews, Chi	20	36	56
J.Carter, Pha	28	27	55
Backstrom, Wash	15	38	53
Tavares, NYI	23	29	52
Vanek, Buf	23	29	52
Havlat, Minn	19	33	52
M.Richards, Pha	19	33	52
J.Thornton, SJ	15	37	52
Yandle, Phx	9	43	52
Briere, Pha	28	23	51
P.Kane, Chi	20	31	51
Ribeiro, Dal	12	39	51
Ryan, Ana	29	21	50
P.Bergeron, Bos	21	29	50
Heatley, SJ	20	30	50
Datsyuk, Det	18	32	50
Plekanec, Mtl	20	29	49
J.Williams, LA	20	29	49
P.Stastny, Col	19	30	49
M.Koivu, Minn	15	34	49
Duchene, Col	21	27	48
Clowe, SJ	18	30	48
Getzlaf, Ana	15	33	48
Lidstrom, Det	12	36	48
Marleau, SJ	24	23	47
Skinner, Car	22	25	47
Hejduk, Col	19	28	47
MacArthur, Tor	**19**	**28**	**47**
Tanguay, Cal	16	31	47
Franzen, Det	26	20	46
Kessel, Tor	**25**	**21**	**46**
Backes, StL	23	23	46
Umberger, Clb	20	26	46
Steen, StL	17	29	46
Elias, NJ	14	32	46
Krecji, Bos	9	37	46
Visnovsky, Ana	9	37	46
Letang, Pgh	8	38	46

Not including yesterday's games

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Boston	42	15	.737	—
d-Miami	43	16	.729	—
d-Chicago	40	17	.702	2
Orlando	37	22	.627	6
Atlanta	35	23	.603	7½
New York	29	27	.518	12½
Philadelphia	30	29	.508	13
Charlotte	26	32	.448	16½
Indiana	26	32	.448	16½
Milwaukee	22	36	.379	20½
Detroit	22	39	.361	22
New Jersey	17	42	.288	26
Toronto	16	43	.271	27
Washington	15	43	.259	27½
Cleveland	11	48	.186	32

WESTERN CONFERENCE

	W	L	Pct	GB
d-San Antonio	48	10	.828	—
Dallas	42	16	.724	6
d-L.A. Lakers	42	19	.689	7½
d-Oklahoma City	36	22	.621	12
New Orleans	35	25	.583	14
Portland	33	25	.569	15
Denver	34	26	.567	15
Memphis	33	27	.550	16
Utah	32	28	.533	17
Phoenix	30	27	.526	17½
Houston	29	31	.483	20
Golden State	26	32	.448	22
L.A. Clippers	21	39	.350	28
Sacramento	14	43	.246	33½
Minnesota	14	46	.233	35

d — division leader.
Yesterday's results
Phoenix 110 Indiana 108 (OT)
L.A. Lakers 90 Oklahoma City 87
Golden State at Minnesota
Philadelphia at Cleveland
Charlotte at Orlando
Dallas at Toronto
Houston at New Orleans
Memphis at San Antonio
New York at Miami
Atlanta at Portland
Saturday's results
Detroit 120 Utah 116
Memphis 120 Sacramento 92
Dallas 105 Washington 99
Houston 123 New Jersey 108
Chicago 83 Milwaukee 75
Boston 99 L.A. Clippers 92
Tonight's games
Phoenix at New Jersey, 7 p.m.
Chicago at Washington, 7 p.m.
Atlanta at Denver, 9 p.m.
Boston at Utah, 9 p.m.
L.A. Clippers at Sacramento, 10 p.m.
Tomorrow's games
Golden State at Indiana, 7 p.m.
New York at Orlando, 7 p.m.
Dallas at Philadelphia, 7 p.m.
New Orleans at Toronto, 7 p.m.
San Antonio at Memphis, 8 p.m.
Detroit at Milwaukee, 8 p.m.
L.A. Lakers at Minnesota, 8 p.m.
Houston at Portland, 10 p.m.

LACROSSE

NLL

EAST DIVISION

	GP	W	L	Pct.	GF	GA	GB
Toronto	10	8	2	.800	117	91	—
Boston	9	6	3	.667	99	81	1½
Buffalo	7	4	3	.571	78	67	2½
Rochester	9	5	4	.556	85	96	2½
Philadelphia	9	4	5	.444	82	97	3½

WEST DIVISION

	GP	W	L	Pct.	GF	GA	GB
Calgary	8	5	3	.625	91	89	—
Minnesota	8	4	4	.500	80	74	1
Washington	9	4	5	.444	115	108	1½
Edmonton	9	2	7	.222	93	110	3½
Colorado	8	1	7	.125	70	94	4

WEEK EIGHT
Yesterday's result
All-star Game (At Verona, N.Y)
East 30 West 26
Saturday's results
Toronto 16 Philadelphia 13
Rochester 13 Edmonton 9

GOLF

PGA MAYAKOBA GOLF CLASSIC

At Playa Del Carmen, Mexico
Par 71
Final Round
(x-won on first playoff hole)

x-Johnson Wagner, $666,000	69-66-65-67—267
Spencer Levin, $399,600	68-67-67-65—267
John Cook, $251,600	70-68-66-66—270
Chris Stroud, $177,600	68-63-70-70—271
Rory Sabbatini, $121,175	69-69-68-66—272
David Toms, $121,175	66-70-69-67—272
Brian Gay, $121,175	69-68-67-68—272
Briny Baird, $121,175	67-70-66-69—272
Jarrod Lyle, $121,175	69-66-67-70—272
Bobby Gates, $121,175	70-68-64-70—272
Kent Jones, $92,500	67-68-69-69—273
Cameron Beckman, $85,100	67-70-66-71—274
Brett Wetterich, $65,367	69-68-69-69—275
Tom Lehman, $65,367	70-70-66-69—275
Kyle Stanley, $65,367	66-71-69-69—275
Billy Horschel, $65,367	70-65-70-70—275
Charles Howell III, $65,367	68-69-67-71—275
Jeff Quinney, $65,367	71-67-65-72—275
Fredrik Jacobson, $37,777	68-67-70-71—276
Jhonattan Vegas, $37,777	74-65-70-67—276
Jason Bohn, $37,777	72-68-65-71—276
Scott McCarron, $37,777	69-68-68-71—276
J.J. Henry, $37,777	69-69-67-71—276
William McGirt, $37,777	68-67-69-72—276
Cameron Percy, $37,777	68-66-70-72—276
Tom Pernice, Jr., $37,777	69-68-67-72—276
Tommy Gainey, $37,777	68-68-68-72—276
Sunghoon Kang, $37,777	67-67-69-73—276
Also	
David Hearn, $17,469	**69-70-69-70—278**

LPGA HSBC CHAMPIONS

At Singapore
Par 72
Final Round

Karrie Webb, $210,000	70-66-70-69—275
Chie Arimura, $132,846	68-66-71-71—276
Yani Tseng, $96,370	70-72-69-67—278
Sun Young Yoo, $74,550	70-68-73-69—280
Morgan Pressel, $60,004	73-69-71-68—281
Na Yeon Choi, $49,094	69-71-71-71—282
I.K. Kim, $41,094	72-73-67-72—284
Catriona Matthew, $36,003	73-73-69-70—285
Stacy Lewis, $30,911	72-72-72-70—286
Cristie Kerr, $30,911	74-67-73-72—286
Song-Hee Kim, $25,528	79-68-70-70—287
Amy Yang, $25,528	73-72-72-70—287
Jiyai Shin, $25,528	71-72-73-71—287
Also	
Alena Sharp, $5,019	**80-76-74-70—300**

TRANSACTIONS

BASEBALL

AMERICAN LEAGUE

CHICAGO WHITE SOX — Agreed to terms with C Tyler Flowers, INF Gordon Beckham, INF Eduardo Escobar, INF Brent Lillibridge, INF Brent Morel, OF Alejandro De Aza, OF Stefan Gartrell, P Anthony Carter, P Kyle Cofield, P Freddy Dolsi, P Lucas Harrell, P Gregory Infante, P Nate Jones, P Jeff Marquez, P Jhonny Nunez, P Chris Sale and P Sergio Santos.
SEATTLE MARINERS — Announced the retirement of OF Jody Gerut.

FOOTBALL

NFL

MIAMI DOLPHINS — Signed NT Paul Soliai to a franchise-tag contract.

HOCKEY

NHL

BOSTON BRUINS — Agreed to terms with D Shane Hnidy on a one-year contract. Signed RW Kirk MacDonald.
CHICAGO BLACKHAWKS — Agreed to terms with D Brent Seabrook on a five-year contract extension.
OTTAWA SENATORS — Re-assigned F Colin Greening, F Corey Locke and F Roman Wick to Binghamton (AHL).

AHL

BINGHAMTON SENATORS — Returned G Alex Petizian to Elmira (ECHL).
HAMILTON BULLDOGS — Recalled G Peter Delmas from Wheeling (ECHL).
MANITOBA MOOSE — Recalled G David Shantz from Victoria (ECHL). Released G Mike Mole.

SOCCER

ENGLAND

CARLING CUP FINAL

Yesterday's result
Arsenal 1 Birmingham 2

PREMIER LEAGUE

Yesterday's results
West Ham 3 Liverpool 1
Manchester City 1 Fulham 1

SPAIN

LA LIGA

Yesterday's results
Athletic Bilbao 1 Valencia 2
Hercules 0 Getafe 0
Levante 2 Osasuna 1
Racing Santander 2 Villarreal 2

ITALY

SERIE A

Yesterday's results
Bari 1 Fiorentina 1
Brescia 2 Lecce 2
Cagliari 1 Lazio 0
Catania 2 Genoa 1
Cesena 1 Chievo Verona 0
Palermo 0 Udinese 7
Roma 2 Parma 2
Sampdoria 0 Inter Milan 2

GERMANY

BUNDESLIGA

Yesterday's results
Eintracht Frankfurt 0 Stuttgart 2
Werder Bremen 2 Bayer Leverkusen 2

CRICKET

WORLD CUP

GROUP A

	MP	W	T	L	Pt
Australia	2	2	0	0	4
Pakistan	2	2	0	0	4
New Zealand	2	1	0	1	2
Sri Lanka	2	1	0	1	2
Canada	**1**	**0**	**0**	**1**	**0**
Zimbabwe	1	0	0	1	0
Kenya	2	0	0	2	0

GROUP B

	MP	W	T	L	Pt
England	2	1	1	0	3
India	2	1	1	0	3
South Africa	1	1	0	0	2
Bangladesh	2	1	0	1	2
Ireland	1	0	0	1	0
Netherlands	1	0	0	1	0
West Indies	1	0	0	1	0

Yesterday's result
At Bangalore, India
India (338, all out) tied with England (338-8)
Saturday's result
At Colombo, Sri Lanka
Pakistan (277-7) def. Sri Lanka (266-9), by 11 runs.
Today's matches
At New Delhi
West Indies vs. Netherlands
At Nagpur, India
Zimbabwe vs. **Canada**

CURLING

SCOTTIES TOURNAMENT OF HEARTS

At Charlottetown
PLAYOFFS
Yesterday's results
Bronze Medal
Nova Scotia (Smith-Dacey) 9 Ontario (Homan) 7
Championship
Canada (J.Jones) vs. Saskatchewan (Holland)
Saturday's results
Page Playoffs
Three-Four
Ontario (Homan) 13 Nova Scotia (Smith-Dacey) 5
Semifinal
Saskatchewan (Holland) 7 Ontario (Homan) 5

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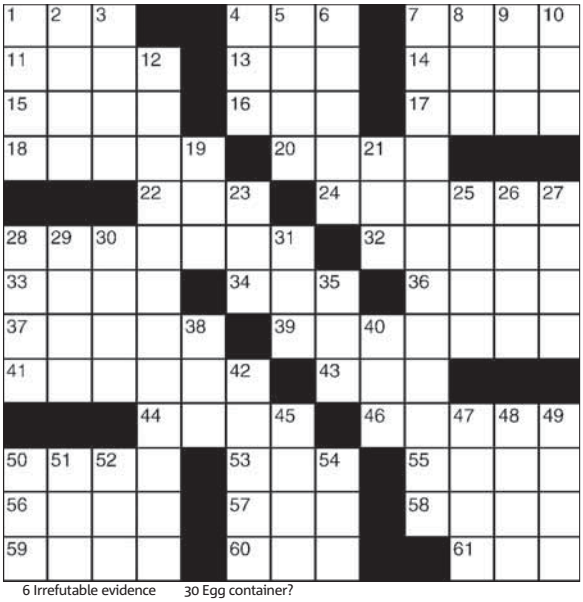

Across

1 Diner sandwich, for short
4 Matterhorn, for one
7 Too
11 Atmosphere
13 That woman
14 Lowly worker
15 Applaud
16 Past
17 End of a magnet
18 Pair on a Bactrian's back
20 Rise high
22 Fall behind
24 Broccoli cluster
28 Custodian
32 Over
33 Oil cartel
34 Director Luhrmann
36 State with certainty
37 Op-ed piece
39 Occidental
41 Missive
43 "How — love thee?"
44 Wife of Osiris
46 Tyrolean melody
50 Office reminder
53 Toothpaste type
55 — contendere
56 Persia, now
57 Have bills
58 Slugger Sammy
59 — and crafts
60 Genetic matter (Abbr.)
61 Fellows

Down

1 Composer J.S.
2 Humdinger
3 Streetcar
4 "Eureka!"
5 Lower limbs
6 Irrefutable evidence
7 Acts of praise
8 Virgo neighbor
9 Scale note
10 Inseparable
12 Computer programs
19 Perched
21 — carte
23 Sailor
25 Wander
26 Always
27 Gull's cousin
28 "Piano Man" singer Billy
29 Church section
30 Egg container?
31 Uncooked
35 Last letter in London
38 Affirmative
40 Sauce source
42 Severity
45 Stitched
47 Ill fate
48 Otherwise
49 Give temporarily
50 Actress Farrow
51 Blunder
52 Wrestling surface
54 Meadow

▶ Yesterday's answer

G	A	M	U	T		R	D	A		A	S	S
A	G	A	T	E		O	U	T		R	H	O
B	O	R	A	X		P	L	A	T	E	A	U
		C	H	A	P	E	L		H	A	R	P
A	L	E		S	R	I		S	I	L	K	Y
P	E	A	S		I	N	T	E	R			
R	O	U	T	E	S		H	E	S	T	O	N
			R	A	M	B	O		T	H	E	E
S	U	P	E	R		E	N	D		O	R	T
I	S	L	E		J	A	G	U	A	R		
C	H	A	P	E	A	U		C	L	E	A	N
K	E	N		L	I	T		A	B	A	S	E
O	R	E		F	L	Y		T	A	U	P	E

Sudoku

7	8						5	3
		6	7		5	2		
9								4
		8	6		2	4		
5								6
		3	4		7	1		
4								8
		1	9		6	3		
2	3						6	9

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

6	9	1	4	7	8	3	2	5
7	8	4	5	2	3	1	9	6
5	3	2	1	9	6	8	7	4
8	5	6	2	1	7	9	4	3
9	4	7	3	8	5	6	1	2
1	2	3	6	4	9	5	8	7
3	7	9	8	6	2	4	5	1
4	6	8	7	5	1	2	3	9
2	1	5	9	3	4	7	6	8

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Hi handsome, Mika wanted to thank you for putting food in her dish and petting her belly. Annabelle, well... she was preoccupied with cleaning her little white paws but I'm sure she thanks you too ;) You make us smile :) **J'TAIME, TANYA XOX**

To Julianne from Jesse
You make me feel like I'm the luckiest man in the world. You are literally the most beautiful thing I've ever laid eyes on and I love you more than you know.

It is you who make my life complete, it is you who make me feel special. Without you, my life would have been in shambles, thank you for being "the best" part of my life. Since the day I have met you, I found my whole world in you. Happy 8 Months Wedding Anniversary!! Love you to bits <3 Your ever-loving wife, **ANUM**

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Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Your confidence may be at a low ebb as the new week begins but it's only a passing phase, so don't feel too bad

♉ Taurus April 21-May 21 You don't have to go along with what other people suggest. You have a mind of your own and you would be wise to use it today.

♊ Gemini May 22-June 21 You may be tempted to hit the town and have a good time but there are more important things you should be doing. The Sun in Pisces can make or break your reputation, so do you party hard or do you work hard?

♋ Cancer June 22-July 22 Someone will make you the kind of offer you find hard to refuse but if you are smart you will say "no". If it sounds too good to be true it's most likely a trick to part you from something you value.

♌ Leo July 23-Aug.23 Do not get involved in a quarrel that has nothing to do with you. Not only will you be unable to resolve it but the warring parties may unite and start picking on you.

♍ Virgo Aug. 24- Sept. 22 It's not like you to seek approval – usually you couldn't care less what other people think – but for some strange reason you crave the support of partners and colleagues. Just be careful you don't pay too much for it.

♎ Libra Sept. 23-Oct. 23 You are beginning to realize that you have bitten off more than you can chew. How you got into this situation is not important – what matters is how you are going to get out of it.

♏ Scorpio Oct. 24-Nov. 22 Your confidence may be high at the moment but that won't protect you from people who are hoping to get rich at your expense.

♐ Sagittarius Nov. 23-Dec. 21 The Sun in the sensitive sign of Pisces is making it hard for you to hide your anxieties, but why would you want to? You don't have to face each and every situation alone.

♑ Capricorn Dec. 22-Jan. 20 Don't be taken in by a sob story or tale of woe. You should know by now that nine times out of ten they turn out to be false.

♒ Aquarius Jan. 21-Feb. 18 There is so much going on in the world but you must not let it distract you from your number one aim: making money.

♓ Pisces Feb. 19-March 20 You are right to be angry with someone who has let you down but don't let it eat at you emotionally. The Sun in your sign makes all things possible, so forget what they've done and focus on what you're going to do next.

SALLY BROMPTON

Caption contest

WIN!

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Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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$0 DOWN PAYMENT. TAXES NOT INCLUDED. INCLUDES FREIGHT, PDI, FEES & $1,000 ACCESSORIES CASH ALTERNATIVE**

The GM Card $700 GM CARD MAX. REDEMPTION ALLOWANCE†

HWY: 5.6 L/100 km — 50 mpg CITY: 9.2 L/100 km — 31 mpg†

LTZ MODEL†† LTZ MODEL††

2011 CHEVROLET MALIBU LS

PURCHASE PRICE **$22,495***

OR VARIABLE RATE FINANCING **$137** BI-WEEKLY AT **3.0%** FOR 84 MONTHS‡

$0 DOWN PAYMENT. TAXES NOT INCLUDED.

INCLUDES FREIGHT, PDI, FEES, $2,000 CASH CREDIT* & $1,000 ACCESSORIES CASH ALTERNATIVE**

The GM Card $1,500 GM CARD MAX. REDEMPTION ALLOWANCE†

HWY: 5.9 L/100 km — 48 mpg CITY: 9.4 L/100 km — 30 mpg†

2011 CHEVROLET EQUINOX LS

PURCHASE PRICE **$25,995*** | FINANCING **2.9%** FOR 48 MONTHS‡

OR VARIABLE RATE FINANCING **$159** BI-WEEKLY AT **3.0%** FOR 84 MONTHS‡

$0 DOWN PAYMENT. TAXES NOT INCLUDED.

INCLUDES FREIGHT, PDI, FEES & $1,000 ACCESSORIES CASH ALTERNATIVE**

The GM Card $1,500 GM CARD MAX. REDEMPTION ALLOWANCE†

HWY: 6.1 L/100 km — 46 mpg CITY: 9.2 L/100 km — 31 mpg†

2011 CHEVROLET TRAVERSE LS

PURCHASE PRICE **$32,995*** | FINANCING **1.9%** FOR 48 MONTHS‡

OR VARIABLE RATE FINANCING **$201** BI-WEEKLY AT **3.0%** FOR 84 MONTHS‡

$0 DOWN PAYMENT. TAXES NOT INCLUDED.

INCLUDES FREIGHT, PDI, FEES, $2,200 CASH CREDIT* & $1,000 ACCESSORIES CASH ALTERNATIVE**

The GM Card $2,000 GM CARD MAX. REDEMPTION ALLOWANCE†

HWY: 8.4 L/100 km — 34 mpg CITY: 12.7 L/100 km — 22 mpg†

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CHEVROLET

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